The Next Ten Minutes - Concept brief

Understand the idea behind the next ten minutes and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan plans to leave a stressful conversation and call a trusted support.

The idea

A short plan can reduce the burden of deciding everything at once.

An ordinary example

Jordan plans to leave a stressful conversation and call a trusted support.

What this can look like

Create an if-then plan for one manageable urge window, including an accessible activity and a person to contact.

Check the fit

Which step is realistic when attention and energy are limited? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

Which step is realistic when attention and energy are limited?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A06-1