The Next Ten Minutes - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A short plan can reduce the burden of deciding everything at once.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which step is realistic when attention and energy are limited?

4. An optional next step, support, adaptation, or reason to stop:

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-A06-2