The Next Ten Minutes - Review journal

Review an attempt at the next ten minutes and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which step is realistic when attention and energy are limited? My optional adjustment or support request:

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-A06-5