# Recovery and Loneliness - Concept brief

Understand the idea behind recovery and loneliness and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan wants company without discussing recovery at every meeting.

## The idea

Connection should be chosen, accessible, and culturally fitting.

## An ordinary example

Jordan wants company without discussing recovery at every meeting.

## What this can look like

Compare several ways of connecting, including peer support, a hobby, faith, family, or a quiet shared activity.

## Check the fit

Which setting offers belonging on your terms? 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 setting offers belonging on your terms?

## 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-A13-1