Money and Everyday Stability - Concept brief

Understand the idea behind money and everyday stability and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan struggles to balance travel costs and groceries.

The idea

Practical stability can support recovery without moralizing spending.

An ordinary example

Jordan struggles to balance travel costs and groceries.

What this can look like

Map one weekly money pressure, a protective routine, and a resource for financial or material assistance.

Check the fit

Which need requires external support rather than tighter self-discipline? 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 need requires external support rather than tighter self-discipline?

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-A14-1