# Money and Everyday Stability - Session activity

Facilitate a structured practice of money and everyday stability with preparation, reflection, and an agreed closing.

Mental health professionals | 30 minutes

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

### 0-5 min | Agree on purpose and fit

Explain the educational scope. Ask what would be useful, check readiness and access needs, and establish choices to observe, adapt, or pass. Use an ordinary example; do not solicit trauma narratives.

### 5-10 min | Orient with an example

Practical stability can support recovery without moralizing spending. Fictional example: Jordan struggles to balance travel costs and groceries. Ask what is observed and what remains uncertain.

### 10-20 min | Practice and compare

Map one weekly money pressure, a protective routine, and a resource for financial or material assistance. Offer quiet individual work, a supported conversation, or an observing role. Compare two possible responses without evaluating people as right or wrong.

### 20-25 min | Reflect on meaning

Which need requires external support rather than tighter self-discipline? Ask what fit, what did not fit, and how culture, power, disability access, or external conditions affect the options.

### 25-30 min | Integrate and close

Invite one optional next step or support request. Orient to the current setting, allow an unfinished question to remain unfinished, and agree how to revisit it. End early or adapt if activation increases.

### Adaptations

For a group, use fiction and no compulsory round-robin disclosure. For remote use, allow off-camera reflection and private notes. For brief use, keep one example and one question while retaining opening and closing choices.

### Reflection

What adaptation or follow-up is needed?

### 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-A14-4