Enjoyment beyond Substance Use - Concept brief

Understand the idea behind enjoyment beyond substance use and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan tries ten minutes of drawing and is unsure whether it helps.

The idea

Pleasure can be explored without demanding immediate enjoyment.

An ordinary example

Jordan tries ten minutes of drawing and is unsure whether it helps.

What this can look like

Plan a small accessible activity and notice its actual effect, including a neutral response.

Check the fit

What is worth trying again, changing, or setting aside? 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

What is worth trying again, changing, or setting aside?

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-A16-1