# Support Person Preferences - Practice worksheet

Create a menu of wanted support, unwanted responses, and ways to check consent.

Adults; supported use as appropriate | 15 minutes

Fictional example: Jordan wants a check-in call but not repeated questioning.

Use an ordinary or fictional example, with a clinician when appropriate. Support is more useful when its form and limits are agreed.

## Practice task

Create a menu of wanted support, unwanted responses, and ways to check consent.

### 1. My chosen or fictional situation, and what I know about it:

### 2. My response to the practice task above:

### 3. How will your support person know what helps?

### 4. An optional next step, support, adaptation, or reason to stop:

## 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-A12-2