# Recovery and Loneliness - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Connection should be chosen, accessible, and culturally fitting.

### Practice task

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

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

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

### 3. Which setting offers belonging on your terms?

### 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-A13-2