

# FIND THE WORD YOU NEED TODAY

## Addiction

You are more than the urge. No judgement. No shame. Just one moment at a time.

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**Words hidden in the puzzle:** PAUSE · SUPPORT · CONNECTION · HONESTY · CHOICE · COPE · SAFE · BREATHE · TOMORROW · RECOVERY · COMPASSION · REACH · HOPE · GROUND · REST · TALK · NOTICE · CHANGE · COURAGE · STAY

You do not need to complete the whole puzzle. If one word helps you get through the next few minutes differently, that is enough.

[Space to Breathe Therapy](#)

# THE WORD I NEED RIGHT NOW

An urge can feel immediate and demanding. Sometimes the mind narrows around the substance or behaviour until it feels as though there is no space between the feeling and the action. This exercise is about creating a small space. Not forever. Not for the rest of your life. Just enough space to notice what is happening and what else you may need.

**My word right now is:**

**What is happening underneath the urge?**

**Create one small pause**

If your word was **PAUSE**, delay the next action long enough to notice what your body is doing. If it was **REACH**, contact somebody rather than staying alone with the urge. If it was **COPE**, ask what feeling you are trying to change, numb, escape or manage. If it was **SAFE**, think about what would reduce immediate risk. If it was **TOMORROW**, concentrate on getting through this moment rather than solving the whole future.

**One thing I can do before I act on the urge:**

# A MESSAGE FROM MAGGIE

Addiction is often spoken about as though it is simply a matter of making better choices. That can miss the emotional, psychological, social and physical reasons a substance or behaviour may have become important. For some people it began as relief. A way to switch off, sleep, feel confident, escape emotional pain, manage trauma, cope with stress, belong, reduce anxiety or get through something that felt unbearable.

Understanding that does not mean ignoring harm. It means looking at the whole person rather than reducing them to the behaviour. Shame can make it harder to ask for help, harder to speak honestly and easier to become isolated. This page is deliberately built around curiosity rather than punishment.

If **HONESTY** finds you, that does not have to mean confessing everything to everybody. It might begin with being honest with yourself about what is happening. If **CONNECTION** appears, think about who you can be around without needing to pretend. If **COMPASSION** catches your eye, notice whether shame is taking up so much space that there is no room left to understand what you are actually trying to cope with.

If **RECOVERY** stands out, recovery does not have to be reduced to one perfect path. Support may include medical care, psychological therapy, peer support, practical changes, harm-reduction approaches, specialist services, community support and rebuilding the parts of life that addiction has crowded out.

If you are physically dependent on alcohol, benzodiazepines or another substance where withdrawal may be medically risky, do not use a worksheet as a substitute for medical advice about stopping. Seek appropriate professional support. If you are in immediate danger or unable to keep yourself safe, contact emergency or urgent support.

You are more than a behaviour, more than a relapse and more than the worst day you have had. Sometimes recovery begins with one small interruption to an old pattern and one moment in which another choice becomes possible.

**Maggie**

**Space to Breathe Therapy**

## A moment-by-moment check-in

My urge feels: \_\_\_\_\_

What may be underneath it: \_\_\_\_\_

Who or what could support me right now: \_\_\_\_\_

What I can do before making the next decision: \_\_\_\_\_