

# Day 2: ESTABLISH

Building Safety, Connection, and Support

## Today's Focus

The opposite of addiction is connection. Today, we establish safety in your environment and build a network of support.

### Exercise 1: Your Safe People

*List the people who make you feel safe, seen, and understood:*

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### Exercise 2: Your Unsafe People

*List the people who drain your energy or trigger your addictive behaviors:*

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## Exercise 3: Create Your Sanctuary

*What changes can you make to your physical environment to feel safer and more at peace?*

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## Today's Action Step

Reach out to one safe person. Send a text, make a call, or schedule a coffee. Connection is medicine.

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