

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:

Exercise 2: Your Unsafe People

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

Exercise 3: Create Your Sanctuary

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

Today's Action Step

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