

Facilitator Focus

- If anyone says they are withdrawing now and it feels dangerous, stop and get medical staff — do not wait
- Keep medication talk at the workbook's level: the three medications exist, a provider decides which fits, ask staff. No doses, no comparisons, no advice about which one
- Normalize the checklist — most people in the room will mark several
- Do not ask anyone to describe their worst withdrawal or overdose in detail

GROUP SESSION 2: REWIRING, TRIGGERS & RIDING OUT URGES

Workbook Sections Covered

Section 2: How Opioids Rewire the Brain

- Dopamine and the reward system
- “Your brain can heal. It works like a muscle.”
- Neuroplasticity — how to rewire it
- ➡ One thing you used to enjoy

Section 3: Recognizing Triggers

- The shortcuts your brain built
- The six that catch most people (table)
- HALT — hungry, angry, lonely, tired
- ➡ My Triggers

Section 4: Handling Urges and Cravings

- Step 1 · What an urge does to you
- Step 2 · Pick one and change it
- Step 3 · Your five-minute plan

Estimated Time

45–60 minutes

Main Goals

Participants will:

- Explain in plain words why early recovery feels flat and why that is temporary
- Name two personal triggers and one brain shortcut
- Understand that a craving starts before a decision is made, and that riding one out builds strength
- Build a five-minute plan for the next urge

Group Flow

1. Brief review of Session 1 — one thing each participant tried
2. Explain dopamine, the reward system, and the brain-as-muscle idea
3. Discuss how to rewire it; complete the “one thing you used to enjoy” prompt
4. Walk through the shortcuts and the six triggers; introduce HALT
5. Complete My Triggers (general examples only)
6. Steps 1–3 for urges; each participant writes a five-minute plan
7. Group recap & discussion

Facilitator Focus

- Keep trigger talk general — no naming people, places, or dealers
- Reinforce “you do not have to beat the craving, you have to outlast five minutes of it”
- Encourage small, repeatable healthy actions over big promises
- Watch for participants who go quiet or flat during trigger discussion; check in afterward

GROUP SESSION 3: REBUILDING, THE DOPAMINE GAP & SMART GOALS

Workbook Sections Covered

Section 5: Rebuilding Your Reward System

- ➡ Finish these sentences
- Pick a reset activity and do it today (table)

Section 6: The Dopamine Gap

- The dopamine gap chart — flat, dull, hopeless, and temporary
- ➡ Finish these sentences

Section 7: SMART Goals for Recovery

- Specific · Measurable · Achievable · Relevant · Time-based
- What that looks like
- ➡ My SMART goal for the next three days (table)

Final Recap and Help Is Available

- You now have tools to...
- ➡ One thing from this workbook I want to remember
- Community resources · My resources

Estimated Time

40–50 minutes