

MODULE 3: BEHAVIOR AND THINKING, MOTIVATION

Fostering a Supportive Environment

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY

Objective n° 2

ENCOURAGE CLIENTS TO BUILD A POSITIVE SUPPORT SYSTEM

Guide clients in identifying positive influences in their lives and developing strategies to engage with supportive individuals and communities.

Objective n° 1

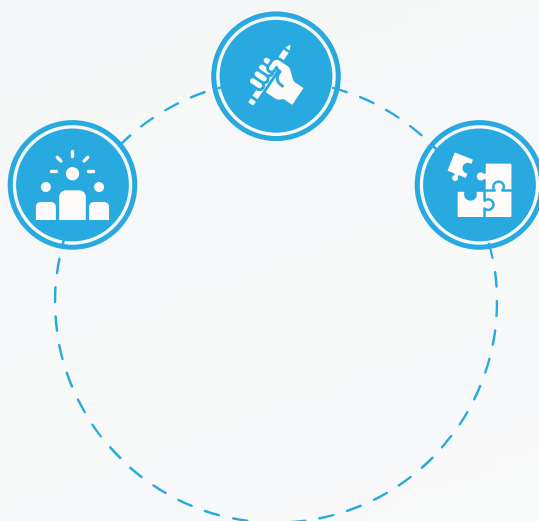
UNDERSTAND THE ROLE OF ENVIRONMENT IN RECOVERY

Help recovery mentors understand the impact of social and physical environments on an individual's motivation and progress in recovery.

Objective n° 3

CREATE A RECOVERY-CONDUCTIVE ENVIRONMENT

Assist clients in making changes to their surroundings—both social and physical—to remove triggers, foster accountability, and maintain motivation.



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description

1. Target group – Recovery mentors, adult educators, and social workers
2. Time – 1,5 hours.

1. Support system mapping worksheets
2. Example recovery environment improvement templates
3. Whiteboard for group discussions
4. Handouts detailing client profiles and environmental scenarios.

Materials

METHODOLOGY USED FOR THIS ACTIVITY



CONSTRUCTIVIST LEARNING

Participants will explore the concept of environmental influences on behavior and motivation through structured reflection and interactive discussions.



PROBLEM-BASED LEARNING

Scenarios will present common challenges in recovery environments, prompting participants to brainstorm solutions and strategies.



LEARNING FROM PEERS

Participants will share personal experiences and insights on how environmental changes have influenced motivation and recovery outcomes.



EXPERIENTIAL LEARNING

Through role-play and scenario-based exercises, participants will practice guiding clients in creating supportive environments.



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ACTIVITY 1: IDENTIFYING SUPPORT NETWORKS

Participants will work with a Support System Mapping Worksheet to help clients analyze their current relationships and identify which connections are supportive, neutral, or potentially harmful.

Guide clients to categorise relationships based on how they impact recovery. Encourage strengthening connections with supportive individuals. Discuss strategies to set boundaries or distance from negative influences.

ACTIVITY 2: CREATING A RECOVERY-FRIENDLY ENVIRONMENT

Participants will be assigned different client profiles and scenarios where the environment is hindering recovery. They will collaborate to suggest adjustments to make the client's surroundings more conducive to progress.

Key Points:

- Encourage clients to make changes in their living space to remove triggers.
- Promote involvement in positive communities, such as support groups.
- Discuss how workplace and recreational environments influence recovery.

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SUPPORT SYSTEM MAPPING WORKSHEET

This worksheet will help you identify the people in your life who influence your recovery, determine their impact, and create a plan to strengthen positive relationships while setting boundaries with harmful ones.

Step 1: List Key People in Your Life

Write down the names of people who play a role in your life (family, friends, coworkers, peers, mentors, etc.).

Name	Relationship (e.g., Friend, Family, Work, Support Group, etc.)

Step 2: Categorise Each Relationship

For each person listed in Step 1, place them into one of the following categories:

Supportive – Encourages recovery, respects boundaries, and provides motivation.

Neutral – No direct impact on recovery but does not discourage it.

Harmful – Encourages substance use, criticizes recovery efforts, or adds stress.

Name	Supportive / Neutral / Harmful	Why? (Describe their impact on your recovery)

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Step 3: Strengthening Your Support System

For supportive relationships, plan ways to deepen these connections.

For neutral and harmful relationships, identify strategies to maintain boundaries or distance yourself if needed.

1. Which supportive relationships do you want to strengthen? How?

(Example: "I will reach out to my mentor weekly to discuss my recovery progress.")

2. Which harmful relationships do you need to change or distance yourself from? How will you do this?

(Example: "I will avoid social gatherings where drug use is present.")

3. What new supportive relationships can you develop?

(Example: "I will join a recovery support group to meet people who understand my journey.")

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Step 4: Create an Action Plan

1. What steps will you take this week to build a supportive environment for recovery?

(Example: "I will have an honest conversation with my best friend about how they can support me.")

2. What challenges might you face in making these changes? How will you overcome them?

(Example: "I might feel guilty distancing myself from certain friends, but I will remind myself that my recovery comes first.")

3. How will you track your progress in creating a positive environment?

(Example: "I will journal my feelings about my relationships each week.")

Final Reflection

- How do you feel about your current support system after completing this worksheet?
- What changes will have the most positive impact on your recovery journey?
- What is one thing you will do today to improve your environment?

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EXAMPLE CLIENT PROFILES AND SCENARIOS

This worksheet will help you identify the people in your life who influence your recovery, determine their impact, and create a plan to strengthen positive relationships while setting boundaries with harmful ones.

David – Removing Triggers at Home

David, a 32-year-old in recovery from alcohol dependency, still has alcohol in his house from before treatment. David feels tempted when he sees the bottles but is hesitant to throw them away.

Encourage David to clean out his home environment, replacing triggers with healthier alternatives, such as tea or non-alcoholic beverages.

Sarah – Finding a Positive Social Group

Sarah, a 29-year-old in early recovery, feels isolated since many of her past friendships revolved around substance use. Sarah wants to build new friendships but doesn't know where to start.

Help Sarah explore support groups, hobby-based communities, or volunteer opportunities where she can meet like-minded individuals.

James – Workplace Challenges

James, a 40-year-old in recovery from stimulant use, works in a high-stress environment where colleagues often go out drinking after work. James feels pressure to join his coworkers but doesn't want to risk relapse.

Support James in setting boundaries and exploring alternative ways to build workplace relationships, such as lunch meet-ups or team sports.