

When Addiction Affects My Family Workbook

For children ages 6 to 12

Name: _____ Date: _____

Trusted person or clinician: _____

If a person in your family has a problem with alcohol or drugs, you may have many feelings. You did not cause it, cannot control it, and deserve safety and care. Ask a trusted grown-up to work through these pages with you.

For suspected overdose, unresponsiveness, slow or stopped breathing, seizure, or immediate danger, call 911. If opioid overdose is suspected and naloxone is available, use it and call 911. In the United States, call or text 988 for a mental-health or suicide crisis. Talk with a clinician before abruptly stopping alcohol or sedatives because withdrawal can be dangerous.

This workbook is educational and does not replace medical care, treatment, or a personalized safety plan.



People who can help

Person or service	How they can help	How I can reach them
Trusted grown-up at home		
Safe adult at school		
Other safe adult		
Emergency contact		

Words I can use to ask for help



Feelings and warning signs

A feeling I have today

Where I notice it in my body

What I need from a safe adult

What is not my job to fix



A plan for a difficult moment

A child is never responsible for managing another person's addiction. If an adult is impaired or the situation feels unsafe, leave with a safe adult if possible. Do not get in a car with an impaired driver.

A safe place I can go

A grown-up I can tell or call

What I can say

A calming activity while I wait for help



My coping choices

Circle or add what helps: drawing, music, a comfort item, reading, safe outdoor play, a quiet space, or talking with a safe adult.

When I feel worried

When I feel angry

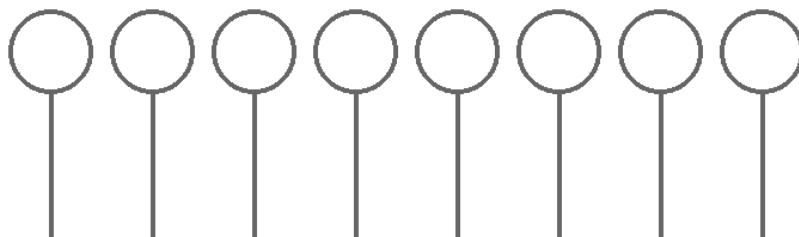
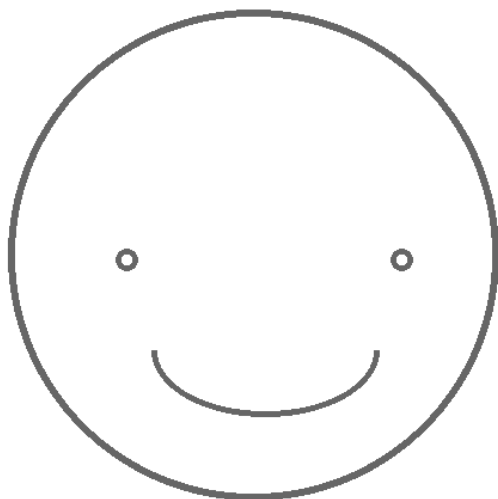
When I need company

One fun thing that belongs to me



Color and pause

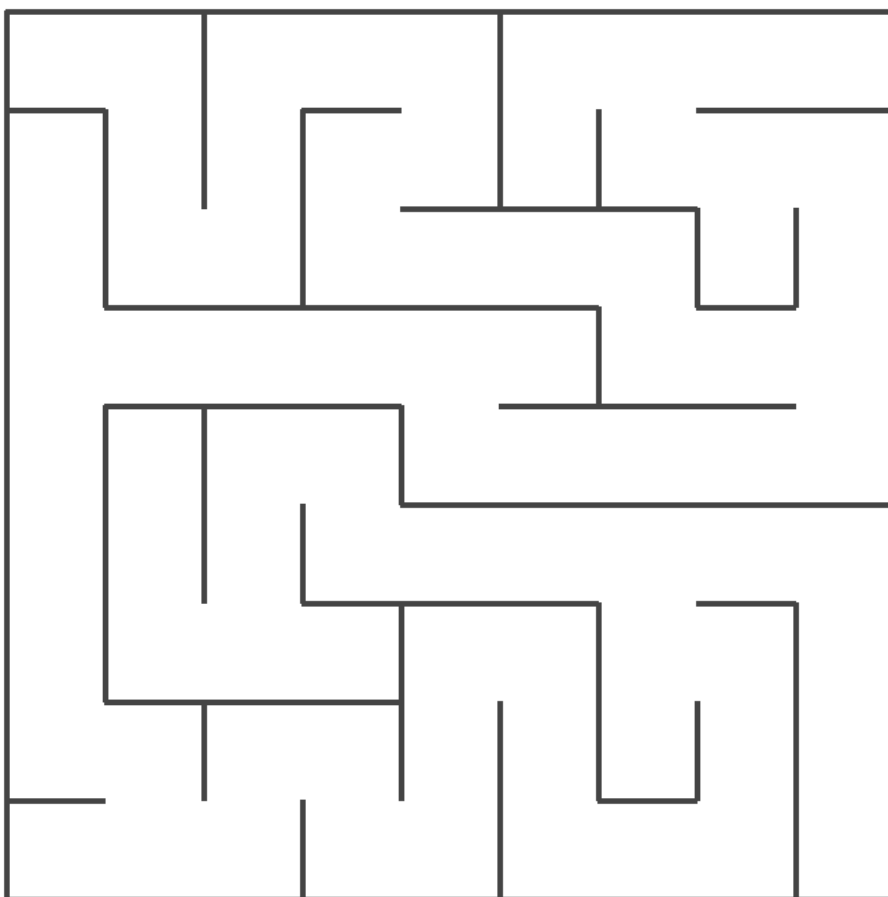
Color while you take a break. Tell a trusted grown-up if you need help.



Find a safe path

Follow the maze from START to FINISH. Ask a safe grown-up to join you if you like.

START



FINISH



Returning to support

If home does not feel safe, tell a trusted adult. You do not need to keep an unsafe secret.

Another safe person I could tell

A question I want to ask an adult

A reminder I want to keep



Optional writing and drawing prompts

Days 1 to 3. Use in any order and skip what is not useful.

Day 1 Draw a picture of a safe place.

Day 2 Who is a grown-up you can trust?

Day 3 What does feeling safe mean to you?



Optional writing and drawing prompts

Days 4 to 6. Use in any order and skip what is not useful.

Day 4 Draw or write about something you enjoy doing.

Day 5 What is one feeling you have today?

Day 6 What helps when you feel worried?



Optional writing and drawing prompts

Days 7 to 9. Use in any order and skip what is not useful.

Day 7 What is one thing that is not your job to fix?

Day 8 What is one thing you are good at?

Day 9 What do you need when you feel sad?



Optional writing and drawing prompts

Days 10 to 12. Use in any order and skip what is not useful.

Day 10 Who can you talk to at school?

Day 11 What is one kind thing you can say to yourself?

Day 12 Draw your calm-down toolbox.



Optional writing and drawing prompts

Days 13 to 15. Use in any order and skip what is not useful.

Day 13 What makes you laugh?

Day 14 What is one thing you can do when adults are having a hard time?

Day 15 Write about a person who makes you feel cared for.



Optional writing and drawing prompts

Days 16 to 18. Use in any order and skip what is not useful.

Day 16 What is one thing you wish adults understood about your feelings?

Day 17 Draw a place you would like to visit.

Day 18 What helps your body feel calm?



Optional writing and drawing prompts

Days 19 to 21. Use in any order and skip what is not useful.

Day 19 What is a safe way to show anger?

Day 20 What is one thing you are proud of?

Day 21 What makes a good friend?



Optional writing and drawing prompts

Days 22 to 24. Use in any order and skip what is not useful.

Day 22 What is one thing you want to learn?

Day 23 What can you do when you feel lonely?

Day 24 Write or draw a happy memory.



Optional writing and drawing prompts

Days 25 to 27. Use in any order and skip what is not useful.

Day 25 What does hope mean to you?

Day 26 Who can help you solve a problem?

Day 27 What is one rule that helps keep children safe?



Optional writing and drawing prompts

Days 28 to 30. Use in any order and skip what is not useful.

Day 28 What is one thing you can do just for fun?

Day 29 What coping skill helped you most this month?

Day 30 Finish this sentence: “I deserve safety, support, and care because _____.”



30 day support tracker

Use this for feelings, coping, connection, and support. Blank days are okay. It is not a substance-use quantity log.

Day	Feeling	Worry low medium high	Coping skill	Safe person or good thing
1				
2				
3				
4				
5				
6				

What support could help next?



30 day support tracker continued

Day	Feeling	Worry low medium high	Coping skill	Safe person or good thing
7				
8				
9				
10				
11				
12				

What support could help next?



30 day support tracker continued

Day	Feeling	Worry low medium high	Coping skill	Safe person or good thing
13				
14				
15				
16				
17				
18				

What support could help next?



30 day support tracker continued

Day	Feeling	Worry low medium high	Coping skill	Safe person or good thing
19				
20				
21				
22				
23				
24				

What support could help next?



30 day support tracker continued

Day	Feeling	Worry low medium high	Coping skill	Safe person or good thing
25				
26				
27				
28				
29				
30				

What support could help next?



Looking ahead

What helped this month

A person or service I can reach

A step to try next

A kind reminder to myself

Adapted from Addiction and Recovery Support Workbooks. General support and safety language checked against SAMHSA and NIDA resources. In the United States, SAMHSA's National Helpline for treatment referrals is 1-800-662-HELP (4357).

