

Maria is a 29-year-old woman in early recovery from opioid use disorder, which began at age 22 after a serious car accident left her with chronic back pain. Initially prescribed pain medication, she transitioned to illicit opioids when her prescriptions ended. Over the years, she experienced multiple short-term jobs, several evictions, and fractured family relationships. Maria has been sober for four months after completing a 60-day residential treatment program and now lives in a women's sober living home with five other residents. She attends one recovery meeting per week but has missed recent therapy sessions, saying she "didn't have it together." Her days lack structure—she often sleeps until noon, spends hours on her phone or watching TV, and forgets to take her antidepressants. Chronic pain limits her activity, but she has not been consistent with recommended physical therapy exercises. Maria's living space is cluttered, her laundry piles up, and her hygiene is inconsistent. She struggles with memory, focus, and becomes easily overwhelmed when tasks require multiple steps. Socially, she avoids family gatherings due to shame and past conflict, relying primarily on housemates for interaction. She reports frequent boredom, loneliness, and mood swings, with occasional anxiety in public settings. Unemployed for two years, Maria feels intimidated by job applications and interviews, depends on small stipends from her parents, and often runs out of money before the month ends due to poor budgeting. While she is motivated to maintain sobriety, she admits that she sometimes wishes she could "just numb out" when life feels too overwhelming.