

Scenarios – what Seemingly Irrelevant Decisions (SIDs) did Sarah and Sid make?

Sarah

Sarah was on her way to a doctor's appointment. As she was on her way, she decided to take a detour to see if there were any sales on in the shops in town; she was still very early for her appointment and there was no point arriving too soon as they're usually running behind at his surgery anyway. She decided to go into a shop just off a side street along the detour, which happened to be next door to her old dealer's house, only to get change for a £20 note so she could get the bus home after. When she came out of the shop, who should she see, but her old dealer, Charlie, who was coming out of his house. She didn't want to seem rude, so she stopped to have a chat as she had plenty of time. Before she could tell him otherwise, Charlie was asking her if she wanted to score and she came away with a bag of heroin.

Sid

Sid is in early recovery, and has recently completed group work treatment. He declined the offer to go onto aftercare treatment so he could return to his previous employment.

Sid immerses himself in his work, doing very long hours, and his relationship with his girlfriend, Nancy, starts to suffer. Although Sid used to attend AA/NA regularly, there have been times recently when playing computer games has seemed more appealing than going along to a fellowship meeting. He starts to drop some of his recovery commitments, and his connections with friends in recovery become more infrequent.

One evening Sid bumps into an old using friend, Pete, and feels pressurised into swapping phone numbers. Nancy discovers Sid has had contact with Pete and feels worried, but Sid thinks 'it's none of your business. This creates conflict between the couple. The arguments escalate.

Sid feels resentful and isolates in his room back at his place. Noticing he has a 'missed call' from his AA sponsor on his mobile phone, Sid tells himself he'll call back later as he doesn't feel like talking right now. As the week goes by, he doesn't bother with feeding himself properly or getting enough sleep.

Towards the weekend Pete calls and invites Sid to a party. At a loose end, Sid accepts and feels good about the fact that he doesn't have a drink. When he meets Nancy the next day, he can't resist highlighting this fact to prove her fears are unfounded. He was right and she was wrong! The couple argue again, and Sid storms off.

To clear his head Sid decides to walk home instead of taking the bus. He ends up walking past the estate where he used to drink and use drugs. On an impulse Sid calls Pete and they meet at the pub round the corner. By the end of the evening Sid gives into Pete's offer of 'just one pint, to calm down.'

A few days later Sid is drinking and using drugs heavily again....

