



DEPARTMENT OF HEALTH
REPUBLIC OF THE PHILIPPINES

Patient's Workbook for Cognitive Behavioral Therapy Sessions

ENTREPOSE SERIES VOL. 2A

**ENHANCED TREATMENT PROGRAM FOR OUTPATIENT
SERVICES FOR DRUG USERS (ENTREPOSE)**

MARCH 2024

2ND EDITION

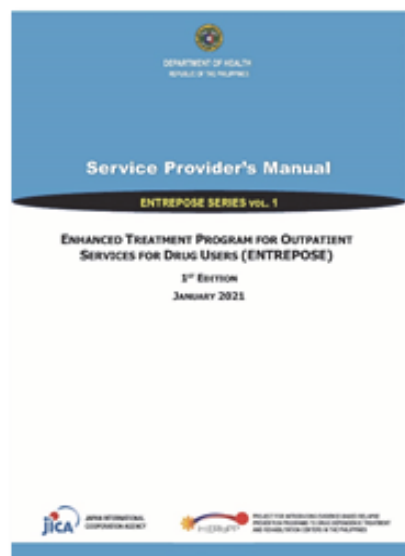


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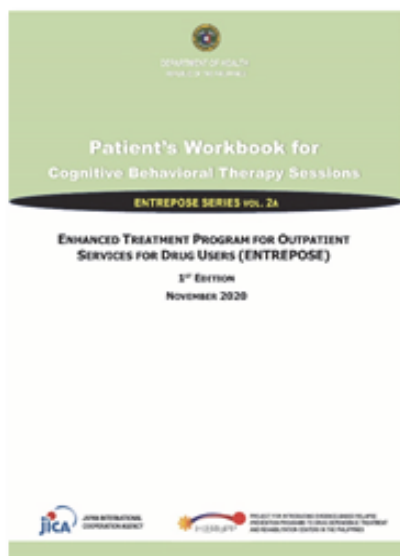


PROJECT FOR INTRODUCING EVIDENCE-BASED RELAPSE
PREVENTION PROGRAMS TO DRUG DEPENDENCE TREATMENT
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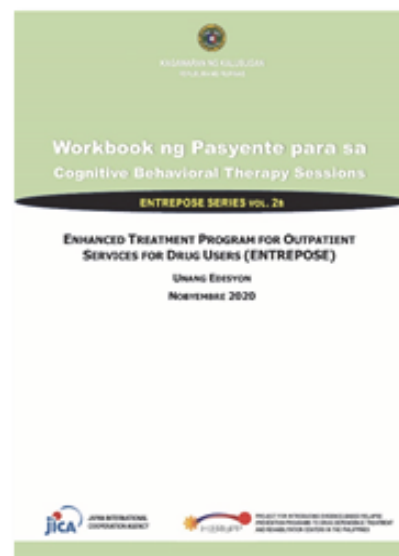
1 Service Provider's Manual



2 Patient's Workbook for Cognitive Behavioral Therapy Sessions



(English)

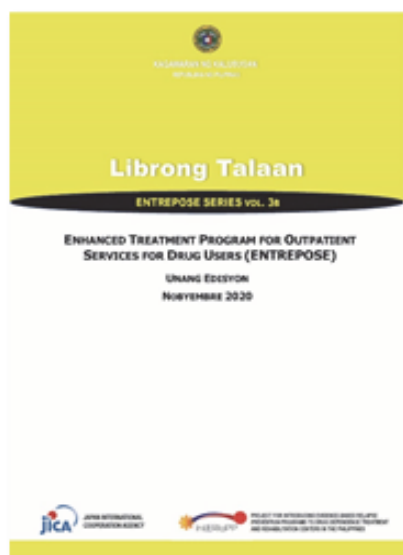


(Tagalog)

3 Schedule Book



(English)

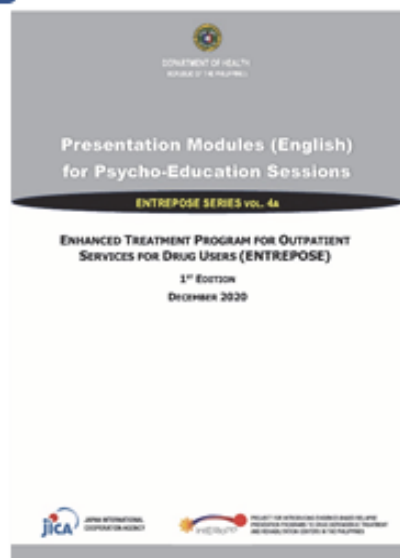


(Tagalog)

5 Training Kit



4 Presentation Modules for Psycho-Education Sessions



(English)



(Tagalog)

6 Guidelines for Field Evaluation



ENTREPOSE SERIES vol. 2a

**PATIENT'S WORKBOOK FOR
COGNITIVE BEHAVIORAL THERAPY SESSIONS**

Enhanced Treatment Program for Outpatient Services for Drug Users
(ENTREPOSE)

March 2024

2nd Edition

Department of Health
Republic of the Philippines

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Program Orientation

Program Orientation

Date:

____ / ____ / ____

-  Understand the organization of the Enhanced Treatment Program for Outpatient Services for Drug Users (ENTREPOSE).
-  Understand the basic structure of the Cognitive Behavioral Therapy (CBT) and Cognitive Behavioral Therapy Evaluation (CBT-E) Programs under ENTREPOSE.
-  Understand how to use the Patient's Workbook during the CBT and CBT-E sessions.
-  Understand the ground rules that all the CBT and CBT-E Program participants must adhere to.

1) Enhanced Treatment Program for Outpatient Services for Drug Users (ENTREPOSE)

a. Overview

The Enhanced Treatment Program for Outpatient Services for Drug Users (ENTREPOSE) was developed by the Department of Health (DOH) with technical assistance from the Japan International Cooperation Agency (JICA). ENTREPOSE comprises six program components.

	Components	Proposed Content
1	Program Orientation (PO)	A group session to orient patients on ENTREPOSE before their participation in it.
2	Cognitive Behavioral Therapy (CBT)	Group sessions to help patients to understand their thoughts, feelings, and behaviors that may drive them to substance use based on pre-determined topics and to provide them with essential skills to overcome their problematic drug use.
3	Cognitive Behavioral Therapy Evaluation (CBT-E)	Group sessions to evaluate individual progress at the 5 th week, 13 th week, and the last week of the treatment period.
4	Psycho-Education (PE) for Patients and Family Members	Interactive lectures to provide patients and their family members with accurate information about addiction, recovery, treatment, and the resulting interpersonal dynamics.
5	Self-Help Group Meeting (SHGM)	Narcotics Anonymous (NA) group meetings facilitated by ex-patients and patients themselves. Each session is based on the 12 Steps approach.
6	Individual Counseling & Assignments (ICA)	Individual counseling sessions conducted by a TRC staff. While others attend counseling, patients will do individual assignments.

b. Schedule

You will participate in the 26-week course of the outpatient treatment program and visit the TRC either once a week (Standard Program; SP) or twice a week (Intensive Program, IP) depending on your assessment results. On each visit, you'll stay at the TRC for approximately

Program Orientation

three hours and attend three different one-hour sessions from the ENTREPOSE program components listed above.

Staff members of the TRC will provide you with a schedule of your visits to the TRC and sessions to attend at each visit. The minimum requirement of sessions to be attended by a patient is as follows.

Components	Minimum requirement of sessions
1. Program Orientation Session	1
2. CBT Sessions	28
3. CBT-E Sessions	3
4. PE Sessions	12
5. SHGM Sessions	6
6. ICA Sessions	26

c. Treatment Group

Other than the Individual Counselling & Assessments (ICA) sessions, treatment programs will be, in principle, conducted in the form of group sessions attended by 10-15 patients. Static groups will be formed, meaning that you will be with the same group members throughout the 26-week course of the treatment program.

2) Patient's Workbook

Each patient is given a copy of the Patient's Workbook upon joining ENTREPOSE. You should write down your name on the back cover and not share it with other patients. You will keep the Patient's Workbook throughout the treatment period and after you complete the treatment program.

The Patient's Workbook is used for the PO Session, CBT Sessions, and CBT-E Sessions. The workbook consists of 50 worksheets (PO=1, CBT=46, and CBT-E=3), each of which is dedicated to a unique topic that will be covered in a one-hour group session. The worksheet contents are represented by using the following icons:



Almost every worksheet involves exercises in which you write your answers directly in the Patient's Workbook. Some worksheets ask you to complete homework assignments.

3) Schedule Book

Each patient is given a copy of the Schedule Book along with the Patient's Workbook. You should write down your name on the back cover and not share it with other patients. You will

keep the Schedule Book throughout the treatment period and after you complete the treatment program.

The Schedule Book is used to keep your schedules and monitor relapse risks daily. Further instructions on how to fill out the Schedule Book will be given during “CBT Session 1: Scheduling and Risk Monitoring”.

4) **Ground Rules for CBT and CBT-E Program Participants**

All patients participating in the group sessions of the CBT and CBT-E Programs must adhere to the following ground rules. These conditions are essential for successful treatment.

Logistic issues:

- ✓ Bring the Patient’s Workbook, the Schedule Book, a pencil, and an eraser to every session.
- ✓ Do not share the Patient’s Workbook and the Schedule Book with other patients. Write down your name and date of admission on the back cover.

During the group sessions:

- ✓ Listen carefully and respectfully to the facilitator and the other patients.
- ✓ Actively participate in group discussions.
- ✓ Don’t hesitate to ask questions when you need clarifications during sessions.
- ✓ Be supportive of other patients. If you disagree with someone, be polite when speaking to them. Do not attack people personally.
- ✓ Do not dominate the conversation. Allow time for other patients to participate.
- ✓ Be honest.
- ✓ Avoid sharing graphic stories of drug use.
- ✓ Write down session dates beside each topic title in the Patient’s Workbook.
- ✓ Write down memos in the Patient’s Workbook for future reference. Try to write as many memos as possible since you will find them helpful in the future.



After the sessions:

- ✓ After the session, think about what you have learned and try to apply it to your recovery to avoid risky behaviors, including substance use.
- ✓ Make sure to work on homework assignments and be ready to share your answers at the next session.
- ✓ Periodically review the contents of the Patient’s Workbook that you have learned, along with your memos, to reflect on your recovery and the skills to stay abstinent even after your treatment period.

5) Assignments


You are required to do assignments as instructed by the program. There are two types of assignments to be given to you.

a. Scheduling and daily relapse risk monitoring

All the patients will be given “Schedule Book” specifically designed under ENTREPOSE for scheduling and daily relapse risk monitoring. You are required to fill out their hourly schedule for the next one week during the ICA Sessions before leaving the TRC. You are asked to write down relapse risk monitoring results daily before going to bed.

b. Homework assignments on specific topics

Some worksheets in Patient’s Workbook ask you to do homework assignments on specific topics. You are asked to do the assignments before your next visit and share your answers during the CBT session.

 <i>As a warm-up exercise before starting the CBT Programs, write down the advantages and disadvantages of using and quitting drugs.</i>		
	Advantages	Disadvantages
Using drugs		
Quitting drugs		



Share and discuss your answers.

-
- ❗ **For a successful recovery, the ground rules for the CBT and CBT-E Program participants must be adhered to.**
 - ❗ **Try to review the contents of the Patient's Workbook repeatedly during your free time.**
 - ❗ **The more you read the Patient's Workbook and you write memos, the greater the chance of having success in your recovery.**
-

Cognitive Behavioral Therapy (CBT)




CBT Session 1.

Scheduling and Risk Monitoring

Date(s):


____ / ____ / ____

____ / ____ / ____

-  Understand the importance of scheduling for success in recovery.
 -  Understand how to keep your schedule of 24 hours.
 -  Understand how to use the Schedule Book for relapse risk monitoring.
-
-

1) Importance of scheduling to structure your time

Scheduling may be a difficult and boring task if you are not used to it. However, it is an important aspect of recovery. People with substance dependence do not schedule their time. Scheduling will help you structure your time and maintain abstinence.

 *Have you ever scheduled your time? What are the challenges in keeping schedules?*

2) Writing down your schedule

Schedules that are in your head are too easily revised. If you write down your schedule while your rational brain is in control and follow it, you will do what you should do instead of what you feel like doing. Most people can schedule 24 h and follow the schedule.



3) How scheduling works on your substance dependence

Scheduling of activities is very important for treating substance dependence. Your rational brain plans the schedule, and if you follow it, you will not use substances. Your addicted brain wants to be out of control. If you go off schedule, your addicted brain may take you back to using substances. It is important to ensure that you do what you have written. Follow your schedule and try not to make any changes.



Schedule your time for tomorrow.

Date: _____

6:00 AM _____

7:00 AM _____

8:00 AM _____

9:00 AM _____

10:00 AM _____

11:00 AM _____

12:00 PM _____

1:00 PM _____

2:00 PM _____

3:00 PM _____

4:00 PM _____

5:00 PM _____

6:00 PM _____

7:00 PM _____

8:00 PM _____

9:00 PM _____

10:00 PM _____

11:00 PM _____

12:00 AM _____



Did you have difficulties in scheduling your time? Which parts were difficult?



How scheduling your time will help you maintain abstinence?




How will you keep your motivation to continue this scheduling practice?

4) How to use the Schedule Book for relapse risk monitoring

From today on, you are to use the Schedule Book to schedule your time and check if you have followed it. The following steps shall be repeated until you complete the treatment program.

1. While visiting the TRC – Write down hourly schedules in the Schedule Book from today until the day of the next visit to the TRC. Complete this during ICA sessions and do not leave the TRC until you finish it.
2. Mark the daily relapse risk status – Reflect how you have spent your time daily at the end of the day and mark the daily relapse risk status (1. Safe, 2. At Risk, or 3. Used or Nearly Used). At this stage, you don't need to fill out “Triggers” and “Mooring Lines”; you will start writing down those after you have learned the topics later.
3. Share the status at the next CBT session – Share the daily relapse risk status that you marked with others group members during the next CBT session. Facilitators will usually start CBT sessions by asking you to share the relapse risk status of the past days.

 **To maintain abstinence, continue to schedule your time and follow it. Make it a daily routine to check if you have followed the schedule at the end of the day.**

Homework Assignment



Schedule your time in Schedule Book from today till the day of your next scheduled visit to the TRC and mark the relapse risk status daily at the end of the day. The scheduling part shall be completed during the ICA session today. Note that you are required to do this assignment upon every visit to the TRC throughout the treatment period although this instruction will not be repeated in this Workbook.

CBT Session 2.

Triggers

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 Understand what triggers are.
 - 🎯 Identify your triggers for substance use.
 - 🎯 Understand how to check if you have stayed away from triggering situations in the Schedule Book.
-
-

1) What are the triggers 📄

Triggers are people, places, times, objects, feelings, and situations that cause substance use. For example, if every Friday night someone cashes a paycheck, goes out with friends, and uses substances the triggers might be:

- ✓ Friday night (time)
- ✓ After work (time)
- ✓ Money (object)
- ✓ Friends who use drugs (people)
- ✓ A bar or club (place)



The brain is associated with triggers of substance use. Because of constant triggering and use, one trigger can cause you to move toward substance use.


2) Identifying individual triggers 📄


Identifying triggers is an important part of treatment. Consider your past substance use and triggers from the following categories:

- ✓ Events or activities that you engaged in before using substances
- ✓ People you were with, or you used substances with
- ✓ Places where you used substances
- ✓ Times of a day or days of a week when you typically used substances
- ✓ Objects that you got, used or saw when or before you used substances

- ✓ Feelings that you had before you used substances
- ✓ Situations or circumstances in which you usually used substances

Triggers affect the brain and automatically cause substance use, even if you have decided to stop it. Your intentions to stop must translate into behavior changes, which keep you away from possible triggers.

 *List some of the strongest triggers for you.*

 *List particular triggers that might be a problem by the following categories. List at least 20 in total.*

People: _____

Places: _____

Times: _____

Objects: _____

Feelings: _____

Situations: _____

 *Share and discuss your answers.*


3) Writing down daily triggering status in Schedule Book

Avoiding triggers is one of the most effective ways to prevent a relapse. You are to write down five most powerful triggers for yours in the Schedule Book and, from today onward, check if you have stayed away from triggering situations daily at the end of the day, along with your daily review of the relapse risk status.

 **Identifying your triggers is the first step for your recovery.**

 **Checking the daily status of the relapse risk is an effective way to keep abstinence.**

Homework Assignment

 *What are your most powerful triggers for substance use? Please list those you've already identified during the session as well as additional ones that you later found out.*

1. People to avoid:	2. Places to avoid:	3. Emotional triggers:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Identify five most powerful triggers for you and list those in the Schedule Book. Then, check if you have stayed away from those triggers daily at the end of the day. Note that you are required to do this assignment everyday although this instruction will not be repeated in this Workbook.

CBT Session 3.


Date(s):


____ / ____ / ____

____ / ____ / ____

Coping with Triggers

 Explore how to avoid dangerous triggers for substance use.

 Learn how to cope with some unavoidable triggers.

 Identify your coping strategies with triggers.

1) Coping with individual triggers

Once you identify your triggers for substance use, the next important step is to understand how to cope with these triggers. You may find triggers that are relatively easy to cope with, whereas you might need someone's help for others.

The basic strategies to cope with triggers are as follows:

- ✓ Try to avoid and/or eliminate triggers from your life
- ✓ If these triggers are unavoidable, find out alternative ways to prevent them from causing your substance use

2) Finding out feasible coping strategies with triggers

It is particularly important to find concrete and feasible ways to cope with triggers. The following principles should be considered when identifying coping strategies with triggers.

- ✓ “Not doing (something)” should not be set as your coping strategy. Alternatives of “not doing (something)” must always accompany. Remember the “dead man's rule” – whatever a dead man can do should not be a coping strategy. For example, if a party on Friday nights is a trigger for you, “not going out for a party on Friday nights” cannot be a coping strategy because even a dead man can do that. Instead, you should set a strategy such as “going back home by 6:30 pm on Friday nights” or “going out for dinner with my wife on Friday nights.”
- ✓ Your coping strategies must be realistic and feasible. Do not make them too challenging to follow.



Cognitive Behavioral Therapy (CBT)

- ✓ Trying something new or seeking somebody's help could be considered.

The following table shows examples of triggers and coping strategies. The level of difficulty in implementing coping strategies is represented by the numbers 1 (easy) to 5 (difficult).

Please note that this is only an example. Coping strategies and the difficulty levels differ from person to person.

Triggers for substance use	Coping strategies	Difficulty to Implement 1 (easy) – 5 (difficult)
Drinking after work	1. Going to a sports club instead of going out for drinking	3
	2. Responding "I can't drink alcohol by doctor's order" when a friend asks you to go drinking	2
	3. On paydays when I often drink, meeting up with my wife near my workplace and going for dinner	3
Having a sizable amount of cash	1. Always keeping no more than 300 pesos in my wallet	3
	2. Making my wife check the content of my wallet every morning	2
	3. Not having an ATM card with me	1



List some of the strongest triggers for you.

1. _____
2. _____
3. _____



Write down your coping strategies and the level of difficulty to implement for each trigger that you mentioned above. Please consider the principles that you have learned. Remember the “dead man’s rule” and avoid writing “not doing something” as a coping strategy.

Triggers for Substance Use	Coping Strategies	Difficulty to Implement 1 (easy) – 5 (difficult)
1.	<ol style="list-style-type: none"> 1. 2. 3. 	
2.	<ol style="list-style-type: none"> 1. 2. 3. 	
3.	<ol style="list-style-type: none"> 1. 2. 3. 	



Share and discuss your answers.



Always be prepared to use your coping strategies to address triggers for substance use.



Remember the “dead man's rule” – whatever a dead man can do cannot be a coping strategy.


CBT Session 4.


Thought Stopping Techniques

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand how triggers, thoughts, and cravings can lead to substance use.

 Learn techniques for stopping thoughts that can lead to substance use.

1) An argument inside your head over substance use

If you decide to stop using substances but at some point end up moving toward using them, your brain has permitted you to use a process called relapse justification. Thoughts about using start an argument inside your head. You feel as though you are in a fight and you must come up with many reasons to stay abstinent. However, you are looking for an excuse to use again.



This argument is part of a series of events that lead to substance use. How many times have you lost this argument?

2) What are cravings

Cravings are impulsive urges to engage in substance use. Cravings will not stop just because you have decided not to use. Using “will power” is not enough to cope with the cravings for substance use. Instead, you need to change your behavior to avoid triggers because triggers can lead to cravings.

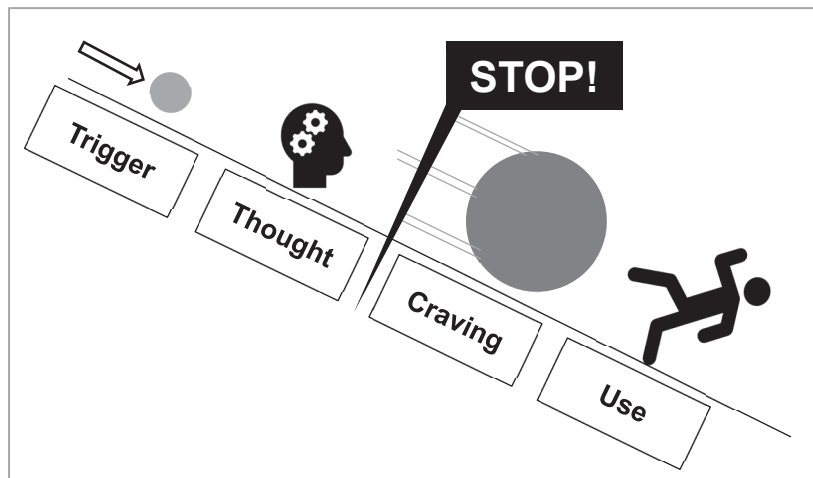
3) Thoughts lead to cravings and then use

Triggers, thoughts, cravings, and use appear to occur together. However, the usual sequence is as follows:

TRIGGER => **THOUGHT** => **CRAVING** => **USE**

Often the thought of substance use passes through your head following a **trigger**. The **thought** then leads to **craving** and subsequent substance **use**. Allowing yourself to continue

thinking about substance use is choosing to relapse. The further the thoughts are allowed to go, the more likely you are to relapse.

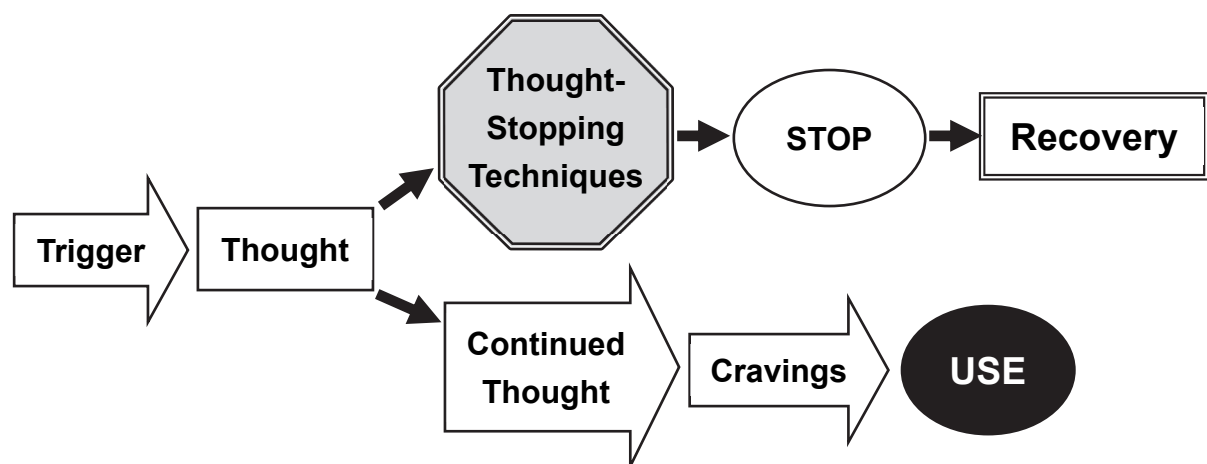


4) Stopping thought about substance use

The only way to ensure that thought does not lead to relapse is to stop the thought before it leads to craving. Stopping the thought when it begins prevents it from building into an overpowering craving. It is important to stop the thought as soon as you realize that you are thinking about using.

5) Thought-stopping techniques

To start recovery, it is necessary to interrupt the trigger–thought–craving–use sequence. Thought-stopping provides a tool for disrupting the process.



You may try thought-stopping techniques in the two steps described below and use those that work best for you.

Step 1: Stop the thought immediately with a prompt action (for five seconds).

- ✓ **Visualization**: Imagine a scene in which you deny the power of your thoughts of use. For example, imagine a switch or lever in your mind. Imagine yourself moving from ON to OFF to stop your using thoughts. Have another picture ready to consider in place of these thoughts.



- ✓ **Snapping**: Wear a rubber band loosely on the wrist. Each time you become aware of thoughts of using, snap the rubber band and say “No!” to your thoughts as you make your- self think about another subject. Have a subject ready that is meaningful and interesting for you.










- ✓ **Relaxation**: Breathing deeply (filling lungs with air) and breathing slowly. Do this three times. You should be able to feel the tightness leaving your body. Repeat this whenever the feeling recurs.

Step 2: Moving to a safe place and engage in activities that distract yourself from the risky thought.


- ✓ Calling someone
- ✓ Taking a shower
- ✓ Dancing with music
- ✓ Jogging
- ✓ Planning for a trip with family members

Please try to engage in these activities for 15 minutes because even the strongest craving lasts for a maximum of 15 minutes.

-  Which of the techniques in Step 1 (e.g., visualization, snapping, relaxation) you think will be most helpful to you?
-  What are the concrete applications of the techniques? What will you visualize? What will you do to relax?
-  Which of the techniques in Steps 2 do you think you'll be able to engage in for 15 minutes and will be helpful to you?
-  What are other techniques that might help you stop your thoughts about using?

-  **Allowing the thoughts to develop into cravings is choosing to remain dependent on substances.**
-  **Thought-stopping techniques help you stop your thought before it leads to cravings.**
-  **Cravings will pass; even the strongest one lasts at most for 15 minutes.**

Homework Assignment

 *When you feel irritated, stressed, or restless, the thought-stopping techniques can also be used to cope with your negative feelings. Use those techniques when you encounter such feelings in your daily life and record how you coped with those in the table below.*

When?	What happened?	Thought-stopping technique(s) used	Results




CBT Session 5.

External Triggers

Date(s):

____ / ____ / ____

____ / ____ / ____

-  Understand what external triggers are.
-  Identify your individual external triggers for substance use.
-  Identify activities, situations, or settings that don't lead to substance use.


1) What are external triggers

External triggers are aspects of your lifestyle and choices under your control. For example, visiting a club or bar can be an external trigger. The chance of using substances can be reduced by controlling external triggers.




Place a checkmark next to activities, situations, or settings in which you frequently used substances; place a zero next to activities, situations, or settings in which you've never used substances.

- | | | |
|---|--|---|
| <input type="checkbox"/> Home alone | <input type="checkbox"/> During a date | <input type="checkbox"/> Before going out to dinner |
| <input type="checkbox"/> Home with friends | <input type="checkbox"/> Before sexual activities | <input type="checkbox"/> Before breakfast |
| <input type="checkbox"/> Friend's home | <input type="checkbox"/> During sexual activities | <input type="checkbox"/> At lunch break |
| <input type="checkbox"/> Parties | <input type="checkbox"/> After sexual activities | <input type="checkbox"/> While at dinner |
| <input type="checkbox"/> Sporting events | <input type="checkbox"/> Before work | <input type="checkbox"/> After work |
| <input type="checkbox"/> Movies | <input type="checkbox"/> When carrying money | <input type="checkbox"/> After passing a particular street or place |
| <input type="checkbox"/> Bars/clubs | <input type="checkbox"/> After going past dealer's residence | <input type="checkbox"/> School |
| <input type="checkbox"/> Beach | <input type="checkbox"/> Driving | <input type="checkbox"/> The park |
| <input type="checkbox"/> Concerts | <input type="checkbox"/> Liquor store | <input type="checkbox"/> In the neighborhood |
| <input type="checkbox"/> With friends who use drugs | <input type="checkbox"/> During work | <input type="checkbox"/> Weekends |
| <input type="checkbox"/> When gaining weight | <input type="checkbox"/> Talking on the phone | <input type="checkbox"/> With family members |
| <input type="checkbox"/> Vacations/holidays | <input type="checkbox"/> Recovery groups | <input type="checkbox"/> When in pain |
| <input type="checkbox"/> When it's raining | <input type="checkbox"/> After payday | |
| <input type="checkbox"/> Before a date | | |

 *List any other activities, situations, or settings where you frequently have used.*

 *List activities, situations, or settings in which you would NOT use.*


 *List people you could be with and NOT use.*


 *Share and discuss your answers.*


2) Identifying dangerous and safe situations

Substance use is not caused by random events. By identifying dangerous people, places, objects or situations and try to stay away from them, you can control and reduce the chances of using substances. Identifying and staying in close to safe people, places, objects or situations are ways of avoiding external triggers.



 *What are particularly dangerous people, places, objects or situations that ALWAYS led you to use?*

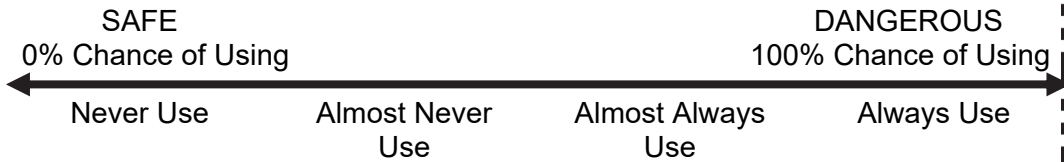
 *What do you feel are “safe” people, places, objects or situations that NEVER led you to use?*

 **Always remember people, places, objects, and situations that lead you to substance use and be prepared to avoid those to prevent relapse.**

Homework Assignment



List people, places, objects or situations below according to their degree of association with substance use.



	Never Use	Almost Never Use	Almost Always Use	Always Use
People	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
Places	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
Objects	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
Situations	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

These situations are **“safe.”**

These situations are low risk, but **caution is needed.**

These situations are high risk. Staying in these situations is **extremely dangerous.**

Involvement in these situations is deciding to stay addicted. **Avoid totally.**




CBT Session 6.

Internal Triggers

Date(s):

____ / ____ / ____

____ / ____ / ____

-  Understand what internal triggers are.
-  Identify your internal triggers for substance use.
-  Understand your strategies to cope with emotional states that act as internal triggers.

1) What are internal triggers

During recovery, certain feelings or emotions often trigger the brain to consider substance use. Those feelings or emotions are called internal triggers.



Read the following list of feelings and emotions and place a checkmark next to those that might trigger thoughts of using substances for you. Place a zero next to those that are not connected with using.

- | | | | |
|-------------------------------------|--------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Afraid | <input type="checkbox"/> Criticized | <input type="checkbox"/> Excited | <input type="checkbox"/> Aroused |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Inadequate | <input type="checkbox"/> Jealous | <input type="checkbox"/> Revengeful |
| <input type="checkbox"/> Neglected | <input type="checkbox"/> Pressured | <input type="checkbox"/> Bored | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Depressed | <input type="checkbox"/> Exhausted | <input type="checkbox"/> Grieving |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Insecure | <input type="checkbox"/> Lonely | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Relaxed | <input type="checkbox"/> Envious | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Deprived | <input type="checkbox"/> Misunderstood |
| <input type="checkbox"/> Happy | <input type="checkbox"/> Irritated | <input type="checkbox"/> Humiliated | <input type="checkbox"/> Paranoid |
| <input type="checkbox"/> Passionate | <input type="checkbox"/> Sad | <input type="checkbox"/> Anxious | <input type="checkbox"/> Hungry |
| <input type="checkbox"/> Sleepy | <input type="checkbox"/> Painful | | |



List any other emotional states that have triggered you to use substances.



Describe your experience in which a specific change in your mood resulted in your wanting to use substances (e.g., you got in a fight with someone and wanted to use in response to getting angry).




Share and discuss your answers.


2) Understanding safe and unsafe emotional states


By understanding internal triggers, you can identify particularly safe and unsafe emotional states. You can anticipate and head off problems.



 *List emotional states below according to their degree of association with substance use.*


SAFE 0% Chance of Using			DANGEROUS 100% Chance of Using
Never Use	Almost Never Use	Almost Always Use	Always Use
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
These emotions are “safe.”	These emotions are low risk, but caution is needed.	These emotions are high risk. Staying in these emotions is extremely dangerous.	Persisting in these emotions is deciding to stay addicted. Avoid totally.

 *What are particularly troublesome emotional states?*

 *What do you feel are “safe” emotional states?*


3) Coping with internal triggers

You cannot avoid experiencing certain emotions. However, to prevent relapse, you must have the skills to cope with troublesome emotions that act as internal triggers. Some of the thought-stopping techniques that you have previously learned may be useful. However, you must find coping strategies that work for you to control the internal triggers.

 Write down coping strategies that work for you to control troublesome emotional states that act as internal triggers. Please note that several coping strategies can be written down for one internal trigger.

Internal Triggers for Substance Use	Coping Strategies
1.	✓ ✓ ✓
2.	✓ ✓ ✓
3.	✓ ✓ ✓
4.	✓ ✓ ✓
5.	✓ ✓ ✓


 *Share and discuss your answers.*

 *Share your experience of how you controlled the internal triggers.*

 **Understanding your safe and unsafe emotional states is important to prevent a relapse.**

 **Always be aware of coping strategies that work for you and use those when you have these emotional states.**

Homework Assignment

 *List all of the troublesome internal triggers for you and write down your coping strategies to control those triggers. Include new strategies that you learned from others during the session.*

Internal Triggers for Substance Use	Coping Strategies
1.	✓ ✓ ✓
2.	✓ ✓ ✓
3.	✓ ✓ ✓
4.	✓ ✓ ✓

Cognitive Behavioral Therapy (CBT)

5.	✓
	✓
	✓
6.	✓
	✓
	✓
7.	✓
	✓
	✓
8.	✓
	✓
	✓
9.	✓
	✓
	✓
10.	✓
	✓
	✓




CBT Session 7.

Road Map for Recovery

Date(s):

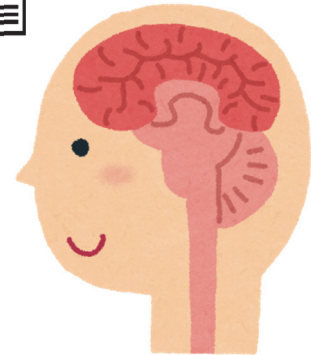
____ / ____ / ____


____ / ____ / ____

-  Understand that recovery is a physical process that requires the body to adjust.
-  Understand the stages of recovery and the challenges associated with them.
-  Identify ways to overcome the physical challenges you might experience during recovery.

1) Biological readjustment in the brain during recovery

Recovery from substance dependence is a well-known process. After the use of substances is stopped, the brain undergoes biological readjustment. This readjustment process is essentially a “healing” of the chemical changes that were produced in the brain by substance use. It is important for people in the early stages of recovery to understand why they are experiencing physical and emotional difficulties.



 *What were your experiences during the early recovery? How long did you experience physical symptoms?*

 *What physical symptoms do you experience now?*

2) Roadmap for recovery

Recovery from stimulant use can be divided into four stages: (1) Withdrawal: 1–2 weeks, (2) Honeymoon (or early abstinence): following 4 weeks, (3) Wall (or protracted abstinence): following 3–5 months, and (4) Readjustment: following 2 months.

The duration of each stage is a rough guide for recovery and not a schedule. The length of each stage varies from person to person. The substance administered also affect the patient’s progress through the stages. Patients who had been using methamphetamine tend to spend more time in each stage than those who used cocaine or other stimulants.

a) **Withdrawal: 1 to 2 weeks**

During the first few days after stopping substance use, some individuals experience difficult symptoms. The extent of the symptoms is often related to the amount, frequency, and type of previous substance use.

For people who use stimulants, withdrawal can be accompanied by drug craving, depression, low energy, difficulty sleeping or excessive sleep, increased appetite, and difficulty concentrating. Although people who use stimulants do not experience the same degree of physical symptoms as those who use alcohol, the psychological symptoms of cravings and depression can be severe. Patients may have difficulty coping with stress and become irritable.



b) **Honeymoon (or Early Abstinence): following 4 weeks**

For people who use stimulants, this 4-week period is called the Honeymoon. Most people feel quite good during this period and often feel “cured.” Consequently, patients may want to drop out of treatment during the Honeymoon period.

Early abstinence should be used to establish the foundation for recovery. If patients can direct their energy, enthusiasm, and optimism felt during this period into recovery activities, they can lay the foundation for future success.



c) **Wall (or Protracted Abstinence): following 3.5 months**

From 6 weeks to 5 months after patients stop using, they may experience a variety of annoying and troublesome symptoms. These symptoms and difficulties with thoughts and feelings are caused by the continuing healing process in the brain. This period is called the Wall.

It is important for patients to be aware that some of their feelings during this period are the result of changes in brain chemistry. If patients remain abstinent, their feelings will pass. The most common symptoms are depression, irritability, difficulty concentrating, low energy, and a general lack of enthusiasm.









Patients may also experience strong cravings during the protracted abstinence. The risk of relapse also increase during this period. Patients must focus on remaining abstinent one day at a time. Exercise helps tremendously during this period. For most patients, completion of this phase during recovery is a major achievement.

d) **Readjustment:** following 2 months


After 5 months, the brain has recovered substantially. The patient's main task is to develop a life that includes fulfilling activities to support continued recovery. Although a difficult part of recovery is over, hard work is required to improve the quality of life. Because cravings occur less often and feel less intense, patients may be less aware of the relapse risk and may put themselves in high-risk situations, increasing their relapse risk.



-  *Which of the four recovery stages, are you currently in?*
-  *What physical symptoms did you experience during the Withdrawal and Honeymoon stages? How long did these symptoms persist?*
-  *What strategies or activities helped you through the physical discomfort of early recovery?*

-  **Recovery involves biological readjustment of your brain.**
-  **The four recovery stages are (1) Withdrawal, (2) Honeymoon, (3) Wall, and (4) Readjustment.**
-  **Patients are prone to a relapse especially during the Withdrawal and the Wall stages.**

Homework Assignment

 *It is a great challenge to cope with symptoms during the Withdrawal and Wall stages. Have you experienced any discomfort when you tried to stop using? What are your strategies to cope with those?*

CBT Session 8.

Self-Help Group Meetings

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 Understand the structure and format of Self-Help Group Meetings.
 - 🎯 Identify the challenges and benefits of participating in Self-Help Group Meetings.
 - 🎯 Recognize that participation in Self-Help Group Meetings is integral to recovery.
 - 🎯 Understand 12 Steps of Narcotic Anonymous.
-
-

1) What are Self-Help Group or NA Meetings

In the 1930s, Alcoholics Anonymous (AA) was founded in the United States by two men who could not treat their alcoholism through psychiatry or medicine. They identified several specific principles that help people overcome alcohol dependence. They formed AA to introduce people dependent on alcohol to these self-help principles. AA's self-help concepts have been adapted to stimulants and other drug addictions (e.g., Narcotics Anonymous [NA]) and compulsive behaviors such as gambling and overeating.

People dependent on drugs or alcohol have found that others who also are dependent can provide enormous support and help to one another. For this reason, these groups are called fellowships, in which participants show concern and support for one another through sharing and understanding.

2) Attending Self-Help Group meetings is important for your recovery

If treatment is to work, it is essential to establish a network of support. Thus, you must continue attending the Self-Help Group meetings available in your community. The more you participate in treatment and Self-Help Group meetings, the greater your chance for recovery.



3) The Serenity Prayer and the 12 Steps

The NA program is based on the Serenity Prayer and the 12 Steps.

The Serenity Prayer:

God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.





The 12 Steps of Narcotic Anonymous:


1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.



4) The 12-Step Programs are for both nonreligious and religious people

None of the 12-Step Programs are religious, but spiritual growth is considered a part of recovery. Spiritual choices are both personal and individual. Each person decides what the term “higher power” means for himself or herself. Both nonreligious and religious people can find value and support in 12-Step Programs.

-  *Have you ever been to an NA meeting before joining this program? If so, what was your experience?*
-  *What has been your experience in attending the NA meetings at the TRC?*
-  *Do you plan to attend NA meetings after completing the treatment program at this TRC? Where? When?*
-  *How might you make use of the NA meetings to stop using?*

 **Attending self-help group or NA meetings is an essential part of recovery. It is important to continue attending them after completing the treatment program at the TRC.**

 **The 12 Step programs are for both non-religious and religious people.**

Homework Assignment



Obtain information about the NA group that you'll be able to attend after completing the treatment program at this TRC. Ask the TRC staff and/or other patients for the following information.

Contact Person: _____

Phone Number: _____

Physical Location: _____



If a self-help group or NA meeting is not accessible in the area you stay, what kind of alternative activities do you think will help you to stay abstinent?

CBT Session 9.


12-Step Wisdom

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand 12-Step Sayings that are helpful in recovery.

 Understand that people are more vulnerable to relapse when they are Hungry, Angry, Lonely, or Tired (HALT).

1) The usefulness of 12-Step Sayings

The program of Alcoholics Anonymous has developed short sayings that help people in their day-to-day efforts to stay sober. These concepts are useful for learning how to establish sobriety. These statements also became part of other 12-Steps programs.

One day at a time: This is a key concept for staying abstinent. Do not obsess about staying abstinent forever. Just focus on today.

Turn it over: Sometimes, people with addiction jeopardize their recovery by tackling problems that cannot be solved. Finding a way to let go of issues, so that you can focus on staying abstinent, is an important skill.



Keep it simple: Learning to stay abstinent can become complicated and overwhelming. Some simple concepts are involved. Do not make this process difficult; keep it simple.

Take what you need and leave the rest: Not everyone benefits from every part of 12-Step meetings. It is not a perfect program. However, if you focus on the parts you find useful, rather than the ones that bother you, the program has something for you.

Bring your body, the mind will follow: The most important aspect of 12-Step programs is attending meetings. However, it takes some time to feel comfortable. Try different meetings, meet people, and read materials. Just go and keep going.



Which 12-Step sayings do you think are useful? Why?

2) Using 12-Step wisdom – HALT – to avoid relapse

The acronym, “HALT” is familiar to people in 12-Step programs. This is a shorthand way to remind people in recovery that they are especially vulnerable to relapse when they are hungry, angry, lonely, or tired.

Hungry: When people are using substances, they often ignore their nutritional needs. People in recovery should relearn the importance of eating regularly. Hunger can cause changes in body chemistry that make people less able to control themselves or avoid cravings. Often, the person feels anxious and upset, but does not associate feelings with hunger. Regular eating regularly increases emotional stability.

Angry: This emotional state is probably the most common cause of substance use relapse. Many people find it difficult to learn how to cope with anger. It is unhealthy to act in anger without thinking about the consequences. Nor is it healthy to hold anger in and try to pretend it does not exist. Discussing anger-producing situations and handling them is an important aspect of recovery.

HALT

Lonely: Recovery is often a lonely process. People lose relationships due to substance use. As part of staying abstinent, people in recovery may have to give up friends who are still using substances. The feelings of loneliness are real and painful. This makes people more vulnerable to relapse.

Tired: Sleep disorders often occur during early recovery. Being tired is often a trigger for relapse. Feeling exhausted and having low energy leaves people vulnerable and unable to function healthily.



How often do you find yourself in one or more of these states (Hungry, Angry, Lonely, and Tired)?



How do you find they are related to your substance use?



What could you do differently to avoid being so vulnerable to these situations (Hungry, Angry, Lonely, and Tired)?

Hungry: _____

Angry: _____

Lonely: _____

Tired: _____



Share and discuss your answers.



What are possible relapse risks other than HALT?



People are more vulnerable to relapse when they are Hungry, Angry, Lonely, or Tired – HALT.


CBT Session 10.


Common Challenges in Maintaining Abstinence

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand five common challenges and suggested approaches to maintaining abstinence.

 Identify your approaches to cope with these challenges.

1) Five common challenges

Anyone who attempts to stop using substances runs into situations that make it difficult to maintain abstinence. These are five of the most common situations, particularly during the early recovery stage.

- 1) **Friends and associates who use substances:**
You want to continue associating with old friends or friends who use substances.
- 2) **Anger, irritability:**
Small events can create feelings of anger that seem to preoccupy thoughts and can lead to relapse.
- 3) **Substances in the home:**
You have decided to stop using, but others in your house may still be using.
- 4) **Boredom, loneliness:**
Stopping substance use often means that activities you did for fun and the people with whom you did them must be avoided.
- 5) **Special occasions:**
Parties, dinners, business meetings, and holidays without substance use may be difficult.



2) Suggested approaches to cope with the five common challenges

Some suggested approaches to common challenges are listed in the table below.

Challenges	Suggested Approaches
1) Friends and associates who use substances	<ul style="list-style-type: none">● Try to make new friends at NA meetings.● Participate in new activities or hobbies that will increase your chances of meeting abstinent people.● Plan activities with abstinent friends or family members.
2) Anger, irritability	<ul style="list-style-type: none">● Remind yourself that recovery involves the healing of brain chemistry. Strong, unpredictable emotions are a natural part of recovery.● Engage in exercise.● Talk to a counselor or a supportive friend.
3) Substances in the home	<ul style="list-style-type: none">● Get rid of all drugs and alcohol.● Ask others to refrain from using and drinking at home.● If you continue to have a problem, think about moving out for a while.
4) Boredom, loneliness	<ul style="list-style-type: none">● Put new activities in your schedule.● Go back to the activities you enjoyed before your addiction took over.● Develop new friends at NA meetings.
5) Special occasions	<ul style="list-style-type: none">● Have a plan for answering questions about not using substances.● Start your abstinent celebrations and traditions.● Have your transportation to and from events.● Leave if you get uncomfortable or start feeling deprived.



Are some of the five common challenges likely to be problems for you? Which ones?



How will you cope with them?



Share and discuss your answers.



The common challenges in maintaining abstinence are drug-using people around you, your feelings of anger and boredom, and special occasions.



Be prepared to apply your approaches to cope with these challenges.

CBT Session 11.

Thinking, Feeling, and Doing

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 Understand the connections between thoughts, emotions, and behavior.
 - 🎯 Identify patterns in your thoughts and emotions that can lead to substance use.
 - 🎯 Understand addictive behaviors that are related to substance use.
-
-

1) Connections between thoughts, emotions, and behavior 📄

It is important to understand how thoughts, emotions, and behaviors affect substance use and the recovery process.

Thoughts: Thoughts occur in rational part of the brain. They are like pictures on a TV screen. Thoughts can be controlled. Learning to turn off thoughts of substance use is an important part of the recovery process. It is not easy to become aware of your thoughts and learn how to control the process. However, with practice, it gets easier.



Emotions: Emotions are feelings. Happiness, sadness, anger, and fear are basic emotions. Feelings are the mind's response to things that happen to you and can be controlled with skillful coping strategies. However, you must be aware of feelings before exercising these strategies. Talking with family members, friends, or a counselor can help you recognize how you feel.

Substances can change emotions by altering how the brain functions. Emotions are often mixed during recovery. Sometimes, you feel irritated for no reason, or great even though nothing wonderful has happened. You cannot control or choose your feelings but you can control what you do about them.



Behavior: What you do is behavior. Work is behavior. Play is behavior. Going to treatment is behavior, and substance use is behavior. Behavior can result from emotions, thoughts, or a combination of both. Repeated use of a substance changes thoughts and pushes emotions toward substance use. This powerful automatic process must be brought back under control for recovery.



2) Thoughts and emotions that lead to substance use

The goal of recovery is to learn to combine your thinking and feeling self and behave in ways that are best for you and your life. It is important for you to become aware of your thoughts and emotions, to be able to observe and analyze them.

You can look for patterns in your thoughts and emotions. You can also pay attention to how your thoughts and feelings are expressed through body language, physical changes, and behavior. Attuned to your thoughts and feelings, you are better able to recognize which thoughts and emotions are connected to substance use. This recognition helps you exercise control over your responses.



Write down thoughts that you usually have before using substances.



Write down some emotions or feelings that can lead to your substance use.



Can you find any patterns in your thoughts, emotions, and substance use? Describe those, if any.



Share and discuss your answers.

3) Addictive behaviors

Substance abusers often feel that their lives are out of control. Maintaining control becomes more difficult, the longer they have been abusing substances. People do desperate things to continue to appear normal. These desperate behaviors are called **addictive behaviors** and are related to substance use.

Occasionally, addictive behaviors occur only when people use or move toward using substances. You must recognize when you begin to engage in these behaviors. That is, you know to start exercising coping strategies, including seeking help, to move away from relapse.



Which of the following addictive behaviors do you think are related to your substance use?

- Lying
- Stealing
- Being irresponsible (for example, not meeting family or work commitments)
- Being unreliable (for example, being late for appointments, breaking promises)
- Being careless about health and grooming (for example, wearing “using” clothes, avoiding exercise, eating poorly, having a messy appearance)
- Getting sloppy in housekeeping
- Behaving impulsively (without thinking)
- Behaving compulsively (for example, too much eating, working, sex)
- Changing work habits (for example, working more, less, not at all, new job, change in hours)
- Losing interest in things (for example, recreational activities, family life)
- Isolating (staying by yourself much of the time)
- Using other drugs or alcohol
- Stopping prescribed medication



Write down any other addictive behaviors that may place you at risk for relapse, if any.



If you slip into one of these addictive behaviors, what will you do to avoid returning to substance use?



Share and discuss your answers.



It is important to understand patterns in your thoughts and emotions that lead to substance use.



Recognizing your addictive behaviors is a step to move away from relapse.

CBT Session 12.

Alcohol

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 Understand the importance of total abstinence for recovery from drug dependence.
 - 🎯 Understand the effects of alcohol on the brain.
 - 🎯 Identify the situations in which you are most likely to drink.
-
-

1) Alcohol and drugs

Some patients have problems giving up alcohol. Some feel that giving up drugs is enough work without stopping drinking alcohol. However, it is necessary to abstain from alcohol to allow the brain to heal, and abstaining from alcohol will help you abstain from stimulants.

For many reasons, total abstinence is a necessary goal for people in recovery:

- ✓ Some research studies have shown that people who use stimulants are eight times more likely to relapse if they use alcohol, and three times more likely to relapse if they use marijuana than people who do not use these substances. The chances of relapse can be greatly reduced by maintaining total abstinence.
- ✓ Places and people associated with drinking often are the very places and people that are triggers for substance use.
- ✓ When learning to handle problems without using stimulants, using another drug or alcohol to numb an uncomfortable learning process is harmful for two reasons. First, such use prevents you from directly confronting the stimulant use problem. Second, it puts you at risk of becoming dependent on alcohol or other substances while attempting to overcome your dependence on stimulants.



Remember that, if it is more difficult to stop drinking than you expect, maybe you are more dependent on alcohol than you think.



What do you think about the total abstinence? Is it necessary or unnecessary in your recovery? Why do you think so?



Share and discuss your answers.

2) Effects of alcohol on the brain


Because alcohol affects the rational reasoning part of the brain, people who drink have difficulty judging the disadvantages of drinking and the benefits of quitting. Drinking reduces people’s inhibitions and makes them feel less self-conscious, more sociable, and more sexual. Alcohol also makes it difficult to think reasonably about substance use and jeopardizes recovery from drug dependence.




People who are accustomed to consuming alcohol in social or sexual situations may find that, for some, these activities are uncomfortable without alcohol.



In what ways have you depended on alcohol? For sexual or social reasons?

 *Based on what you have learned above, how will you go with alcohol?*

 *Share and discuss your answers.*

3) External and internal triggers for drinking

People who try to stop using alcohol face difficulties. External triggers are everywhere. Alcohol consumption is assumed the norm, especially at social functions and celebrations. It is difficult for people to go through a typical day without coming across many reminders or triggers—both cultural and personal—of alcohol. Advertisements, movies, and TV shows link drinking with happiness, popularity, and success. People encounter colleagues, friends, and family members with whom they used to drink and pass bars or liquor stores that they used to frequent.



Internal triggers are also problematic. Depression, anxiety, and loneliness are characteristics of recovery. These emotional states are cues to drink for many people. Facing the emotional fallout from quitting other substances, people feel justified in turning to alcohol to “relieve” their mental state. But this is not true relief. Alcohol consumption is associated with depression and other emotional problems.



What people, places, and situations make you want to drink alcohol?



What moods and feelings make you want to have a drink?



Share and discuss your answers.



Alcohol jeopardizes your recovery. The total abstinence is a necessary goal.


CBT Session 13.


Date(s):

____ / ____ / ____

____ / ____ / ____

Boredom

 Understand that boredom poses a risk to the recovery.

 Identify new activities and approaches that will help you through your boredom during recovery.

1) Boredom is a risk to the recovery

Boredom can cause a relapse. For many people, boredom is a trigger. When you are bored, you are likely to use substances. Unless you take action, boredom and relapse risk do not dissipate. To achieve successful recovery, you must take action to combat the problem of boredom.





2) Why people in recovery have the problem of boredom

In contrast to the emotional highs and lows of substance use, an abstinent life can be boring. Often, people who stop using drugs say that they feel bored. Some reasons for this are as follows:

- ✓ A structured, routine life feels different from a lifestyle built around substance use.
- ✓ Brain chemical changes during recovery can make people feel listless (or bored).
- ✓ People who use substances often have huge emotional swings (from high to low and back to high). In contrast, normal emotions can feel flat.

People may feel listless or bored when the brain heals to adjust to a lack of substances. The period of 2 to 4 months into recovery (known as the Wall) is often characterized by emotional flatness and boredom. Meanwhile, it is important to know that as your body and mind adjust to recovery, boredom becomes less of an issue.

 *Have you had trouble with boredom when you stopped using a drug before? When did you first notice it, and how did you feel?*

 *What actions did you take to counter the boredom at that time?*

3) How to cope with boredom


The danger of boredom during recovery is that it encourages you to proceed aimlessly. Before you know it, you can drift from abstinence to relapse. The most important aspect is to play an active role in your recovery to cope with boredom.

There are several ways to reduce boredom. For example, scheduling every hour of the day helps identify unplanned sections of time that can be used to explore interesting activities. Starting new hobbies or picking up interests that have been abandoned while using substances is a good way to defeat boredom. It may also help you discuss your feelings of boredom with your partner, loved one, or trusted friends. Starting new friendships with substance-free people in the 12-Step or self-help groups can also help alleviate boredom.

Here are some tips to reduce feelings of boredom during recovery from substance use.

- ✓ Recognize that a structured, routine life is different from a lifestyle built around substance use.
- ✓ Make sure you are scheduling your activities. Forcing yourself to write down daily activities helps you fit in more interesting experiences.
- ✓ Try not to become complacent during recovery. Do things that will further your growth. Sometimes boredom results from not challenging yourself sufficiently in daily life.



 *List five recreational activities you engage in or want to pursue.*

1. _____
2. _____
3. _____
4. _____
5. _____



*To reduce feelings of boredom, can you plan something to look forward to?
What will you plan, when, and with whom?*



Which of the three tips listed above might work for you to reduce feelings of boredom?



Share and discuss your answers.



Try new things to help you through your boredom. They will also advance your personal growth and support your recovery.

CBT Session 14.

Date(s):

Avoiding Relapse Drift

- 🎯 Understand the process of relapse drift.
- 🎯 Identify your mooring lines, activities that help you stay abstinent.
- 🎯 Understand the importance of checking the Mooring Lines Recovery Chart every night to keep you stay anchored in your recovery.

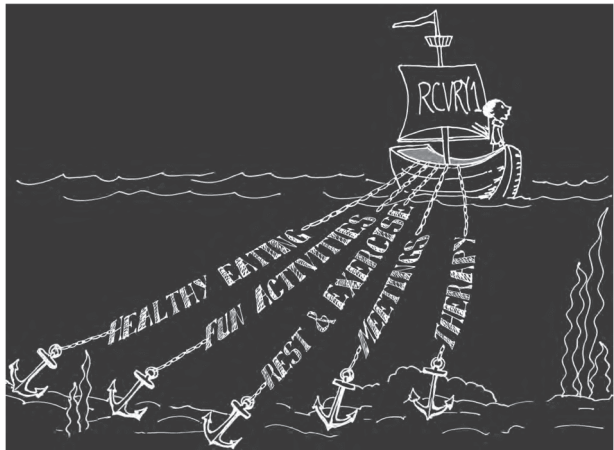
1) How relapse happens 📄

Relapse does not occur without warning and does not occur quickly. As the gradual movement from abstinence to relapse can be subtle, people can often deny responsibility for it. Therefore, relapse often feels as if it has occurred suddenly.

This slow movement away from abstinence can be compared to a ship gradually drifting away from where it is moored. The drifting movement can be so slow that you do not even notice it.

2) How to interrupt relapse drift 📄

During recovery, people do specific things that keep them abstinent. These activities can be called “**mooring lines.**” You need to understand what you are doing to keep yourself abstinent, and list these mooring lines in a specific way so that they are clear and measurable. These activities are the “ropes” that hold recovery in place and prevent relapse drift from happening without being noticed.





List at least seven “mooring lines,” activities that will help you stay abstinent. Write down those activities in a specific and measurable manner (for example, “doing physical exercise for 20 minutes three times a week”). However, do not list attitudes because those can’t be easily measured.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Share your answers.





How do those mooring lines keep you abstinent and secure in your recovery?

3) Checking the Mooring Lines daily

Once the mooring lines have been identified, they must be checked every night before going to bed to ensure that the lines are secure. Dropping one or more of the mooring lines allows you to drift toward relapse.


Use the Schedule Book to list the five most significant mooring lines, activities that are important to your continuing recovery. Check your list every night to ensure that you continue to remain anchored during your recovery.

 *Among the mooring lines that you listed, which ones are the most significant?*

 *Can you check the status of your mooring lines every night? Are there any difficulties in doing so?*

 **It is important to check if the mooring lines are secure every night. Try to accustom yourself to check the mooring lines daily.**

Homework Assignment

 *List five mooring lines in the Schedule Book and check their status daily at the end of the day, along with your daily review of the relapse risk status. Note that you are required to do this assignment everyday from today onward although this instruction will not be repeated in this Workbook.*




CBT Session 15.

Date(s):

____ / ____ / ____


____ / ____ / ____

Lapse and Relapse

-  Understand the definitions of lapse and relapse.
-  Understand Abstinence Violation Syndrome (AVS) and how it can affect recovery negatively.
-  Understand the way and benefits of marking the status of substance use daily on a calendar.

1) Difference between lapse and relapse

There is a major difference between having one slip and having a relapse. A lapse is a temporary return to substance use when someone is trying to abstain and is usually a one-time occurrence. In contrast, relapse is a complete return to the previous pattern of substance-using behavior.

 *Have you experienced a lapse that eventually progressed to a relapse?
Please describe your experience.*

 *Share and discuss your answers.*

2) Abstinence Violation Syndrome

For some people, as long as everything in their recovery proceeds according to the plan, it is acceptable. However, if they make even one small misstep, they feel that they have fallen off the recovery path. This pattern of thinking is called **Abstinence Violation Syndrome (AVS)** and is dangerous. Using this strict logic, even a small slip-up is equivalent to using substances again. The following story presents an example of AVS.



“I stopped smoking and using drugs. It was hard. Then one day I gave in and had a cigarette. I felt so bad that I had messed up; I ended up using drugs.”

You need to understand that no one’s recovery happens “perfectly”; making a mistake does not mean that all is lost.



Have you had an AVS before? What event led to your relapse?



What will you do if small things go wrong in your recovery? What will be the attitude that you need to have?



Share and discuss your answers.

3) Marking the relapse risk status on the Schedule Book

It is useful to know where you are in the recovery process. Marking the relapse risk status on the Schedule Book helps you in several ways.

- ✓ It is a reminder of how far you've come in your recovery.
- ✓ A feeling of pride often results from seeing the number of days you have been abstinent.
- ✓ Recovery can seem very long unless you can measure your progress in short units of time.

At the end of each day, mark the Schedule Book to represent the day's relapse risk status as follows:

Safe: Followed the schedule and did not face any triggers

At Risk: Did not follow the schedule or came close to a triggering situation

Used or Nearly Used: Had a slip-up or was in a triggering situation where you had a strong craving




It is extremely important to mark status honestly. Recovery from addiction is impossible without truthfulness.

By marking the Schedule Book daily, you can recognize that your recovery is at risk when you see many "At Risk" marks. In addition, you can take measures to prevent slippage from progressing to relapse when you have a "Used or Nearly Used" mark.

 *What are the possible challenges in marking the relapse risk status?*

 *What will be the benefits of continuing this practice?*

 **No one's recovery happens perfectly. Making a mistake does not mean that you've fallen off the recovery path.**

 **Mark the relapse risk status of substance use on the Schedule Book daily to know where you are in the recovery process.**

CBT Session 16.


Work and Recovery

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand how your work-life affects your recovery.

 Identify possible solutions to problems that work poses to your recovery.

1) Conflicts between work and recovery

Getting a job is a step toward recovery and preventing relapse. However, certain employment situations can complicate treatment and recovery. Some difficult situations are outlined below.

Employed in a demanding job that makes treatment difficult: You will continue to attend aftercare programs after completing the treatment program. However, your treatment under aftercare programs will not work unless you put in 100 percent of your effort. People in recovery need to find a way to balance work and treatment so that they can give recovery their full effort. Certain jobs require long or unusual hours. The nature of the work schedule often contributes to substance use problems. The first task, if you have such a job, is to adjust your schedule to accommodate treatment. Recovery must be a priority during treatment.



Working in an unsatisfactory job; thinking of making a change: During recovery, major changes (in jobs, relationships, etc.) should be delayed for 6 months to 1 year whenever possible. The reasons for this are as follows:

- ✓ People in recovery experience major changes. Sometimes, they change their views on personal situations.
- ✓ Any changes are considered stressful. Therefore, major stresses should be avoided as much as possible during recovery.

Working in a situation where recovery will be difficult: Some jobs lend themselves to recovery more than others. Work situations that are difficult to combine with treatment include the following.

- ✓ Situations in which it is necessary to be with other people who drink or use substances
- ✓ Jobs in which large sums of cash are available at unpredictable times

People in these types of jobs may want to plan for a job change.



Have you experienced any of the work situations mentioned above? Which one?



What other work situations may pose a challenge to your recovery?

2) Out-of-work and its Impact on the recovery process

When people are unemployed, treatment becomes increasingly difficult for several reasons:

- ✓ Looking for work often becomes a priority, and less is given to recovery.
- ✓ Abundant free time is difficult to fill, and a structure that makes treatment effective is lacking.
- ✓ Resources are often more limited, making transportation and childcare more problematic when attending aftercare programs.

If you are out of work and in treatment, remember that recovery still needs to be prioritized. Make sure to balance job-seeking activities with treatment.

However, there are no easy solutions to these problems. It is important to be aware of the issues so that you can plan to make your recovery as strong as possible.



What are the pros and cons of leaving a job that is obstructing your recovery?

Pros: _____

Cons: _____



What are your strategies for balancing work and recovery?



Share and discuss your answers.



Getting a job or going back to work is a great step in your recovery, but a way to balance work with treatment needs to be considered.




CBT Session 17.

Date(s):

____ / ____ / ____

____ / ____ / ____

Guilt and Shame


-  Understand how feelings of guilt and shame affect the recovery of patients.
-  Understand that being dependent on a substance does not mean you are bad, stupid, or weak.
-  Understand how to address feelings of guilt and shame.

1) Defining guilt and shame


Guilt is feeling bad about what you have done: “I am sorry I spent so much time using drugs and not paying attention to my family.” Shame is feeling bad about who you’re: “I am hopeless and worthless.”

 *Do you feel ashamed of being dependent on substances?*


Yes ___ No ___.

 *Do you feel you're weak because you couldn't or can't stop using?*

Yes ___ No ___.

 *Do you feel you're stupid because of what you've done?*

Yes ___ No ___.

 *Do you feel that you're a bad person because you're involved with substance use?*

Yes ___ No ___.



Share and discuss your answers.

2) Being substance-dependent doesn't mean you are bad

Recovery is always a difficult process. No one knows why some people stop using substances once they enter treatment, while others struggle to maintain abstinence. Research has shown that family history, genes, and individual physical differences play a role. Being dependent on substances does not mean you are bad, stupid, or weak.

What we do know is that you cannot recover by:

- ✓ Trying to use willpower
- ✓ Trying to be good
- ✓ Trying to be strong

Two things to make recovery work are

- ✓ Being smart
- ✓ Working hard

Everyone successful at recovery will tell you, “It was the hardest thing I ever did.” No one can do it for you, and it will not happen to you.

3) Addressing feelings of guilt and shame

Both guilt and shame erode self-esteem and confidence. Focusing on negative feelings can cause individuals to turn to substance use to change their mood or escape. You need to remember that substance abuse is not related to your being bad or weak.

Feeling guilt is considered a healthy reaction. This often means that you have done something that does not agree with your own values and morals. It is not unusual for people to do things that they feel guilty about. You cannot change your past. It is important to have peace with yourself. Sometimes, this means making amends for things you have said and done.



Remember the following:

- ✓ It's all right to make mistakes.
- ✓ It's all right to say, “I don't know,” “I don't care,” or “I don't understand.”
- ✓ You don't have to explain yourself to anyone if you're acting responsibly.



What are some things you've done in the past that you feel guilty about?



Do you still feel guilty about the things you listed? What can you do to improve the situation?



Share and discuss your answers.



Being dependent on drugs does not mean you are bad, stupid, or weak.



Forgive yourself for what you've done in the past and you feel guilty or ashamed about. Try to focus on what you can do in the future.

CBT Session 18.


Staying Busy

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand the importance of staying busy and writing down schedules.

 Learn strategies to connect yourself with substance-free activities and people to prevent a relapse.


1) **Staying busy and scheduling activities**


Often, relapse begins in the head of a person who has nothing to do and nowhere to go. The addicted brain begins to think about past use, and these thoughts can start the craving process.

Finding new activities and ways to make yourself busy and replace the sense of loss is a major component of recovery. Scheduling activities to structure your recovery is important.

It is particularly important to write down your schedule. Schedules that exist only in the head are easy to revise or forget. When making schedules, special attention should be paid to weekends and other times when you feel that you are particularly vulnerable to substance use.



 *How has free time been a trigger for you?*

 *Did you isolate yourself when you used substances? If so, how did this isolation affect your substance abuse?*



Share and discuss your answers.



How can you make yourself busy and replace the sense of loss? How writing down your schedules help you to keep yourself busy?

2) Staying connected with substance-free activities and people

When people's lives become consumed with substance use, many things they used to do and the people they used to meet are left behind. Beginning to reconnect or build a life around substance-free activities and people is critical for successful recovery. Some people may pick up old hobbies or activities, whereas others start new activities and make new friends who do not use substances.



What kind of substance-free activities will you engage in? Write down both old activities or hobbies that you used to engage in and new things.

Old activities or hobbies: _____

New things: _____



Share and discuss your answers.



Writing down schedules is important to prevent relapse. Do schedule your time.



To prevent relapse, stay busy with substance-free activities and people and reduce idle time.

Homework Assignment



List activities you would like to pursue. The list could include activities that you learned about from other people during the session. Also, write down when and with whom you will engage in those activities.




CBT Session 19.

Motivation for Recovery

Date(s):

____ / ____ / ____

____ / ____ / ____

-  Understand that what motivates you to stay abstinent is more important than what brings you into treatment.
 -  Understand that seeing benefits of recovery is a powerful motivation to stay abstinent.
 -  Identify the benefits of continuing to stay abstinent for you.
-
-

1) Reasons for entering treatment are not important

If you ask any group of people who are new to recovery why they started attending the treatment program, you will get many different answers.

- ✓ I was arrested, and it's either this or jail.
- ✓ My wife says if I don't stop, we are finished.
- ✓ When I used last time, I thought I was going to die. I know I will die if I use again.
- ✓ They are going to take the children from me unless I stop.
- ✓ I've been using for 20 years now; it's time to change.

Which people are most likely to recover successfully? You may think that people who wish to stop using and seek treatment on their own are more likely to do well. However, this might not be true. Research has shown that the reasons why people stop using do not predict whether they will be able to lead substance-free lives.

2) What motivates you to stay abstinent is important

It does not matter what brings you to treatment. What is important is what motivates you to stay abstinent. Although staying abstinent is a lifelong goal, it can only be achieved hourly or daily. You may find that your reasons for staying abstinent change over time.

3) Seeing benefits of recovery as a powerful motivation to stay abstinent

What makes a difference is whether you can stay substance-free long enough to appreciate the benefits of different lifestyles. Your desire to continuously see those benefits become a powerful motivator for staying in recovery. For example, when debts are not overwhelming, relationships are rewarding, work is going well, and health is good, people in recovery want to stay abstinent.



Occasionally, your motivation to stay abstinent may decrease, even when you make an effort to recover. Especially when you look back on your days of substance use and feel that the current drug-free life is boring, you may find it difficult to keep you motivated to stay in recovery.

When in doubt about your motivation for recovery, reflect on yourself and think about why you want to stay in recovery and what will be the benefits of staying abstinent. You can also think about the goals in your life beyond recovery. Stay abstinent long enough to see benefits. That will motivate you to stay drug free.



What do you think will be the benefits and disadvantages of continuing to use substances for you?

Benefits: _____

Disadvantages: _____



What do you think will be the benefits and disadvantages of continuing to stay in recovery and keep abstinent?

Benefits: _____

Disadvantages: _____



How do you envision yourself and your life after 1, 5, and 10 years? How do you want to be and what do you want to achieve?

After 1 year: _____

After 5 years: _____

After 10 years: _____



Share and discuss your answers.

! What brings you to treatment is not important. Focus on reasons for you to stay abstinent.

! Stay abstinent long enough to see benefits. That will motivate you further to stay drug-free.


CBT Session 20.

Truthfulness


Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand that substance dependence and truthfulness are irreconcilable states.

 Acknowledge that truthfulness will not always be easy.

 Understand that continued truthfulness is integral to a successful recovery.

1) Not being truthful is part of substance dependence

Substance dependence represents an escape from the realities of life. It is difficult to meet the demands of daily living (relationships, family, and jobs) while regularly using substances. As you become more dependent on a substance, the activities necessary to obtain and use the substance take up more of your life.

For people who are substance dependent, it becomes increasingly difficult to keep life on track and handle problems arising from their substance use. They often find themselves doing and saying what is necessary to avoid problems. Thus, telling the truth becomes less important for them.



 *In what ways were you less than truthful when you were using substances?*

 *Share and discuss your answers.*

2) Recovery can't be successful without truthfulness

Being honest with yourself and with others during the recovery process is critical. Sometimes being truthful is very difficult for the following reasons.

- ✓ You may not seem like a nice person if you tell the truth about yourself.
- ✓ Your counselor or group members may be unhappy with your true stories.
- ✓ You may be embarrassed by telling the truth about yourself.
- ✓ Other people's feelings may be hurt if you tell the truth.

Being in treatment without being truthful may make everything you're doing a waste of time. In addition, being partly honest is not being truthful.



How has truthfulness been difficult for you in recovery?



Being partly honest is not being truthful. Do you ever:

- ✓ Decide to let someone believe a partial truth? Yes ___ No ___
- ✓ Tell people what they want to hear? Yes ___ No ___
- ✓ Tell people what you wish were true? Yes ___ No ___
- ✓ Tell less than the whole truth? Yes ___ No ___



What positive experiences have you had by being honest in recovery?



Share and discuss your answers.



Not being truthful is part of substance dependence.



Recovery is impossible without truthfulness. Being partly honest is not being truthful.

CBT Session 21.

Alcohol Arguments

Date(s):

____ / ____ / ____

____ / ____ / ____

🎯 Understand common arguments on alcohol use during recovery from substance use.

🎯 Identify your strategies to stay abstinent for situations involving alcohol.

1) Alcohol arguments in maintaining abstinence on drugs

These are some of the most common arguments against stopping alcohol.

I came here to stop using drugs, not to stop drinking.

=> Stopping *Shabu* use involves stopping all substance use, including alcohol.

I've had drinks and not used drugs, so it doesn't make any difference.

=> Over time, drinking greatly increases the risk of relapse. A single drink does not necessarily cause relapse more than a single cigarette causes lung cancer.

However, with continued drinking, the risk of relapse increases significantly.



Drinking actually helps. When I have a craving for substances, a drink calms me down, and the craving goes away.

=> Alcohol interferes with the brain's chemical healing process. Continued alcohol use eventually intensifies cravings, even if one drink seems to reduce cravings for certain substances.


I'm not an alcoholic, so why do I need to stop drinking?


=> If you are not an alcoholic, you should have no problem stopping alcohol use. If you cannot stop, maybe alcohol is more of a problem than you realize.

I'm never going to use drugs again, but I'm not sure I'll never drink again.

=> Make a 6-month commitment to total abstinence. Give yourself the chance to make decisions about alcohol with a drug-free brain. If you reject alcohol abstinence because “forever” scares you, then you’re justifying drinking now and risking relapse to substance use.

Remember that total abstinence is a necessary goal for people to recover from drug dependence.

 *Has your addicted brain presented you with other justifications to drink alcohol? If so, what are they?*


 *How are you planning to handle alcohol use?*


 *Share and discuss your answers.*


2) Preparing for situations involving alcohol


Drinking often accompanies certain activities such as drinking after work with friends and beer before sleep. Alcohol also is integral to celebrations, such as birthday parties and weddings. For some, alcohol consumption appears to be an unavoidable part of these activities. They cannot conceive of enjoying certain activities without drinking alcohol. Not drinking may mean being left out of the fun or being seen as less cool.

Therefore, it is important to understand how to prepare for such feelings. Think about ways of celebrating that do not involve alcohol. If you know that being around others who are drinking makes you feel left out, you should avoid such situations until recovery is underway.

 *What activities seem to go with drinking for you?*

 *What special occasions did you and your family celebrate with alcohol?*

 *How do you celebrate those occasions?*

 *How can you get together with your friends without drinking?*

 *Share and discuss your answers.*

 **Justifications for drinking alcohol will pose a problem in your recovery. Be prepared to stay abstinent in situations involving alcohol.**




CBT Session 22.

Sex and Recovery

Date(s):

____ / ____ / ____

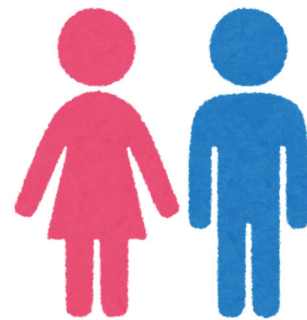
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-  Understand the distinctions between intimate sex and impulsive sex.
 -  Understand that impulsive sex can be a form of dependence that can lead to relapse.
 -  Understand the importance of intimacy and stable relationships in recovery.
-
-

1) Intimate and impulsive sex

Intimate sex can be distinguished from impulsive sex. The difference between the two depends on the relationship between the sexual partners.

Intimate sex: Intimate sex involves a significant other. Sex is a part of this relationship. Occasionally, sexual feelings are warm and calm. Sometimes, they are wild and passionate. However, they result from and add to the feelings that each partner has for the other.



Impulsive sex: In this definition of impulsive sex, the partner is usually irrelevant and the person is the vehicle for the high.

Impulsive sex can take the form of excessive masturbation. Impulsive sex can be used and abused in the same way as drugs are used and abused. It is possible for individuals to become addicted to impulsive sexual behaviors.


2) How impulsive sex can act as a trigger for substance use

For some individuals, impulsive sex is linked to substance use before treatment. They usually engage in sex when using substances. Other people may turn to impulsive sex to achieve a high after they have stopped using substances. In both cases, impulsive sex triggers substance abuse, which can lead to relapse. People can even become dependent on impulsive sex, as they were dependent on substances.


3) How intimacy and stable relationships can support recovery

Many components of a stable relationship are important for a successful recovery. People who have relationships with someone who is supportive, honest, and trustworthy should find it easier to participate fully in recovery activities. They could also support others in group


sessions and be truthful about their lives. A stable relationship that includes intimate sex can support recovery.

 *What kind of experiences have you had with impulsive sex?*

 *Is impulsive sex linked to your drug use? How?*

 *Describe a healthy, intimate sexual relationship that you've had or hope to have.*

 *Share and discuss your answers.*

 *What are the ways to make your current relationship more caring, supportive, and intimate? If you're not in a relationship now, think of ways to improve your next relationship.*

 **Impulsive sex can be a trigger for substance use.**

 **Intimacy and stable relationships can support recovery.**

Homework Assignment



List specific ways you can make your current relationship more caring, supportive, and intimate? If you're not in a relationship now, think of ways to improve your next relationship.





CBT Session 23.

Anticipating and Preventing Relapse

Date(s):

____ / ____ / ____

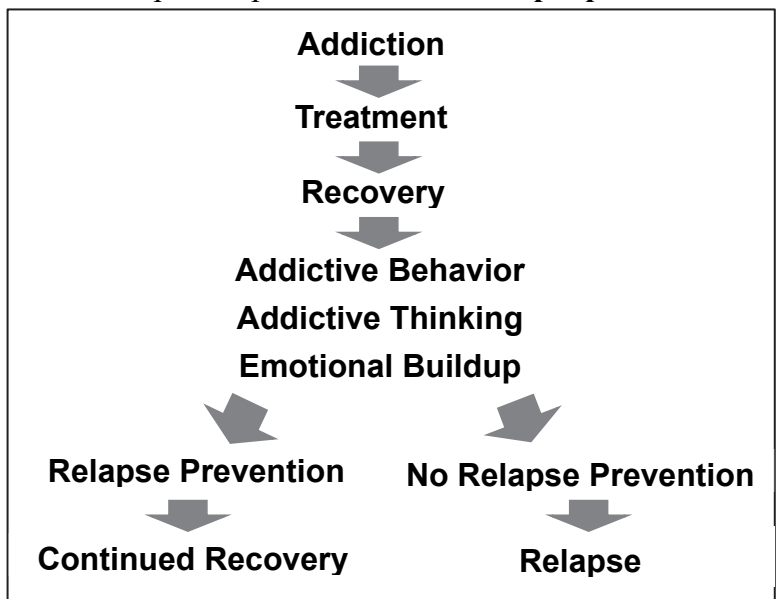
____ / ____ / ____

-  Understand what relapse is and how it develops.
 -  Understand what are addictive behaviors and addictive thinking that serve as warning signs of relapse.
 -  Understand what is the emotional buildup that serves as triggers.
 -  Identify your strategies to prevent a relapse when you recognize a danger sign.
-
-

1) What is relapse prevention


Recovery is more than not using substances. The first step in treatment is stopping substance use. The next step is not starting again. This important process is called “**relapse prevention.**”

Relapse is going back to substance use and to all of the behaviors and patterns that come with it. Often the behaviors and patterns return to the state before substance use. Learning how to recognize the beginning of a relapse can help people in the recovery process before they start using substances again.



2) Addictive behaviors as warning signs of relapse

The things people do as part of substance abuse are called **addictive behaviors**. Often, these are things that addicted people do to obtain substances, cover up substance abuse, or as part of the substance abuse. Lying, stealing, being unreliable, and acting compulsively are types of addictive behaviors. When these behaviors reappear, people in recovery should be alerted that relapse will soon follow if they do not intervene.

 *What are your addictive behaviors? In other words, what activities did you engage in when you were using substances?*

 *Share and discuss your answers.*

3) Addictive thinking

Addictive thinking refers to having thoughts or excuses that make substance use seem OK. In 12-Step programs, this is known as “stinking thinking.” Addictive thinking is also a warning sign of relapse. Some examples follow:

- ✓ I can handle just one drink.
- ✓ If they think I’m using substances, I might as well use.
- ✓ I have worked hard. I need a break.



What addictive thinking have you had? In other words, how have you tried to find excuses to use substances?



Share and discuss your answers.

4) Emotional buildup as triggers

Feelings that do not seem to go away and keep getting stronger cause “**emotional buildup.**” Sometimes these feelings seem unbearable. Some of the feelings that can develop are boredom, anxiety, sexual frustration, irritability, and depression. These feelings can often serve as triggers for relapse. An important step is to take action as soon as you recognize the danger signs.



Have you experienced a buildup of any emotions? Have they affected your substance use? If so, how?




Share and discuss your answers.

5) Strategies to prevent a relapse

Once a danger sign of relapse is recognized, action must be taken to prevent relapse. Understanding the practical actions that can be taken when facing such situations is important. The following are some of the possible actions you might take:

- ✓ Calling a counselor
- ✓ Calling a friend
- ✓ Taking a day off
- ✓ Talking to your family
- ✓ Going to a self-help group meeting
- ✓ Exercising
- ✓ Talking to your spouse
- ✓ Scheduling time more rigorously



 *Which actions might help you prevent a relapse when you recognize a danger sign?*

- | | |
|---|--|
| <input type="checkbox"/> Calling a counselor | <input type="checkbox"/> Going to a self-help meeting |
| <input type="checkbox"/> Calling a friend | <input type="checkbox"/> Exercising |
| <input type="checkbox"/> Taking a day off | <input type="checkbox"/> Talking to your spouse |
| <input type="checkbox"/> Talking to your family | <input type="checkbox"/> Scheduling time more rigorously |

 *What might other actions help you prevent a relapse?*

 *Share and discuss your answers.*

- ❗ Identifying and coping with your addictive behaviors, addictive thinking, and emotional buildup is essential to prevent a relapse.**
 - ❗ Always be prepared to take action to prevent relapse as soon as you recognize a danger sign of relapse.**
-




CBT Session 24.

Date(s):

____ / ____ / ____


____ / ____ / ____

Trust

-  Understand the role that trust plays in your relationships with others.
-  Understand how to cope with other people's suspicions of your continued substance abuse.
-  Understand the need to spend time and efforts to restore lost trust for your recovery.

1) Substance abuse damages trusting relationships

Substance-dependent individuals find it difficult to have open, honest relationships. The things they do and say to other people destroy trust and damage their relationships. Substance abuse becomes as important as, or even more important than, other people.

 *How has substance use affected the trust between you and the people you care about?*

 *Share and discuss your answers.*

2) Coping with people's suspicions about your continued substance use

Rebuilding a trusting relationship may take time even if both parties are committed to the process. You should be prepared to cope with the frustration that comes from people's suspicions about your continued substance use even though you are not using.



If you tell someone you're not using substances, but the person doesn't believe you, how do you feel?



How will you cope with other people's suspicions about your drug use even when you're not using?





Share and discuss your answers.

3) Restoring trust in relationships takes time

When substance abuse stops, trust does not immediately return. Trust refers to the feeling that one can rely on others. People cannot be certain simply because they want to be. Trust can be lost in an instant, but it can be rebuilt only over time. Trust will return gradually as the person who violated the trust gives reasons to trust again. One or both people may want trust to return sooner; however, it takes time for their feelings to change.




 *What will you do to help the process of reestablishing trust with people?*

 *Share and discuss your answers.*

 **It takes time to restore lost trust. But it is a necessary step in recovery.**

Homework Assignment

 *With whom would you like to reestablish trust the most? Based on what you have learned, write down concrete actions that you would take to achieve that.*

CBT Session 25.

Be Smart, Not Strong

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 Understand that recovery is not mainly a test of will, but the commitment and smart planning.
 - 🎯 Understand the importance of avoiding triggers and relapse situations.
 - 🎯 Understand how to assess the efficacy of your approach to recover.
-
-

1) Substance dependence is stronger than the individual 📄

People may believe that their willpower is strong enough to overcome substance dependence. Those in the recovery process often say the following:

- ✓ *I can be around substances. I'm sure I don't want to use, and once I make up my mind, I'm very strong.*
- ✓ *I have been doing well, and I think it is time to test myself to see whether I can be around friends who are using substances. It's just a matter of willpower.*
- ✓ *I can have a drink and not use substances. I never had a problem with alcohol anyway.*



However, when people become dependent on substances, chemical processes occur in their bodies that cause cravings. The physical processes that people initiate when they become dependent on substances are stronger than their willpower.

2) Be smart enough to avoid triggers and likely relapse situations 📄

No matter how strong your desire is to remain abstinent, your will to be abstinent is insufficient by itself. You can stop using substances and stay abstinent only by being smart enough to avoid triggers and likely relapse situations. You need to use relapse prevention skills that you have previously learned.

The key to not using substances is to avoid situations in which they might be used. If you are in an environment where substances might appear (e.g., at a club or party) or with friends who are using, your chances of using are much greater than if you were not in that situation. Smart people stay abstinent by avoiding triggers and relapses.



*Have you trusted in your willpower when you tried to stop using substances?
Describe your experience.*



How will you try to be smart to be substance-free?



Share and discuss your answers.

3) Assessing how well prepared you are to avoid relapse

For recovery to be successful, you need to have as many tools as possible in your toolbox.

- ✓ Practicing thought-stopping techniques
- ✓ Scheduling your daily activities
- ✓ Keeping appointments with people
- ✓ Avoiding triggers
- ✓ Not using alcohol
- ✓ Regularly checking the status of your mooring lines, activities that help you stay abstinent
- ✓ Avoiding people who use drugs and alcohol
- ✓ Avoiding places where you might encounter drugs or alcohol



Cognitive Behavioral Therapy (CBT)

- ✓ Exercising
- ✓ Being truthful
- ✓ Going to self-help group meetings



How well are you doing in avoiding relapse? Circle the appropriate number.

	Poor	Fair	Good	Excellent
1. Practicing thought-stopping techniques	1	2	3	4
2. Scheduling your daily activities	1	2	3	4
3. Keeping appointments with people	1	2	3	4
4. Avoiding triggers	1	2	3	4
5. Not using alcohol	1	2	3	4
6. Checking the status of your mooring lines	1	2	3	4
7. Avoiding people who use drugs and alcohol	1	2	3	4
8. Avoiding places where you might encounter drugs or alcohol	1	2	3	4
9. Exercising	1	2	3	4
10. Being truthful	1	2	3	4
11. Going to self-help group meetings	1	2	3	4



Add up the circled numbers. The higher your total is, the better your Recover IQ is.

Your score: _____ / 44



What can you do to improve the Recovery IQ score?



Share and discuss your answers.



How useful is it to assess your Recovery IQ?



Don't count on being strong. Be smart enough to avoid triggers and likely relapse situations.


CBT Session 26.


Defining Spirituality

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand the difference between religion and spirituality.

 Identify what spirituality means to you and how it bolsters your recovery.


1) Spirituality is not necessarily about belief in God

Spirituality is an important component of recovery. It occupies a prominent position in the 12-Step Program. Some may feel that spirituality equates with belief in the Christian God. Some may feel that looking for help outside themselves is a sign of weakness. Some may feel that their struggle with substance abuse is physical and that they cannot be aided by appealing to God. Spirituality is not the same as organized religion and does not always involve belief in God.



2) What spirituality means to people in recovery

Many people are more concerned with the physical aspects of their lives than the spiritual aspects. During recovery, individuals must examine the quality of their spiritual lives. It is important to understand what spirituality means to you, and how it affects your life. The inclusion of spirituality as an aspect of recovery is not a sign of weakness. Spirituality should be viewed as a source of strength and peace that supplements the desire to abuse substances.


 Answer the following questions to assess the quality of your spirituality.


✓ What do you want from life? Are you getting it?


✓ What is your spiritual security based on?

✓ What qualities are most important to you?


✓ What does success mean to you? (What does “making it” mean?)

 *Share and discuss your answers.*

 *How do you use spirituality to help you stay abstinent?*

 **Success in recovery can be bolstered by spiritual beliefs.**

Homework Assignment

 *What does spirituality mean to you? How does it help your recovery?*




CBT Session 27.

Managing Life; Managing Money

Date(s):


____ / ____ / ____

____ / ____ / ____

-  Understand that substance dependence makes people neglect day-to-day activities.
 -  Identify long-neglected responsibilities in your life and set manageable goals to address those.
 -  Understand ways to manage money to stay away from substances.
-
-

1) Substance dependence makes people neglect day-to-day activities

Substance-dependent people spend much of their time and energy preparing to use substances and recovering from using them. They narrow their world until most activities other than substance use are excluded. They end up neglecting normal day-to-day activities that are necessary for a healthy and satisfying life, such as paying bills, repairing and maintaining the house, and handling daily living chores (e.g., buying groceries, doing laundry, cleaning, etc.)

 *Did you neglect any day-to-day activities because of your substance use? What are they, and how?*



Share and discuss your answers.

2) Addressing long-neglected responsibilities

People in recovery need to regain long-neglected responsibilities in life, such as

- ✓ Settling debts or unpaid bills
- ✓ Having a car or a bike serviced or repaired
- ✓ Having the house or apartment repaired or maintained
- ✓ Going to a clinic for a health check-up
- ✓ Handling daily living chores (e.g., buying groceries, doing laundry, cleaning)



They often want to do too much too early. First, you need to set small and manageable goals to avoid becoming overwhelmed and placing your recovery at risk. You also need to prioritize the things you need to accomplish.



Will you take care of any long-neglected responsibilities? Please list the first and second priority items.

The first priority item: _____

The second priority item: _____



Describe how you'll address each of those. Set small and manageable goals.

The first priority item: _____

The second priority item: _____



Share and discuss your answers.

3) Managing money to maintain abstinence

Being in control of your finances is being in control of your life. When people depend on substances, their out-of-control lifestyle often affects their finances. Some of the consequences are as follows:

- ✓ Concealing money to buy substances
- ✓ Having large debts
- ✓ Gambling with money
- ✓ Spending money compulsively when feeling bad
- ✓ Frequently arguing about money with family members
- ✓ Stealing to get money to buy substances



Knowing the amount of money in your hand that triggers you to buy substances also helps maintain abstinence.



Which of the following consequences have you experienced about your substance use?

- Concealing money to buy substances
- Having large debts
- Gambling with your money
- Spending money compulsively when feeling bad
- Frequently arguing about money with family members
- Stealing to get money to buy substances
- Others related to money _____



What will you do to avoid the above consequences that you experienced?



What is the amount of money in your hand that triggers you to buy drugs?



Will you change how you manage money in your hand? If so, how?



Share and discuss your answers.



To start with, set up small and manageable goals to take up long-neglected responsibilities.






Knowing ways to manage money helps you maintain abstinence.

CBT Session 28.

Date(s):

Relapse Justification (1)

-  Understand what relapse justification is.
 -  Identify the relapse justifications to which you're susceptible.
 -  Formulate your plan to respond to the relapse justifications.
-
-

1) Dangers posed by relapse justifications

Relapses do not occur completely by accident. Relapse justification occurs in people's minds before the relapse event. You may have decided to stop using, but your brain is still healing and feels the need for substances.

The addicted brain invents excuses that allow you to edge close enough to relapse situations in which accidents can occur. You may remember you intended to remain substance-free, but you invent a justification for using. Then, before you know it, you are using again.

2) Specific justifications people in recovery are susceptible

Identifying and anticipating relapse justifications can help interrupt the relapse process. Specific examples of relapse justifications are as follows:

Someone else's fault:

- ✓ An old friend called, and we decided to get together.
- ✓ I had friends come for dinner, and they brought me some wine.
- ✓ I was in a bar, and someone offered me a beer.

Catastrophic events:

- ✓ My spouse left me. There's no reason to stay clean.
- ✓ I just got injured. It ruined all my plans. I might as well use substances.
- ✓ I just lost my job. Why not use substances?
- ✓ There was a death in the family. I can't get through this without using substances.



Cognitive Behavioral Therapy (CBT)

For a specific purpose:

- ✓ I'm gaining weight and need stimulants to control my weight.
- ✓ I'm out of energy. I'll function better if I use substances.
- ✓ I need substances to meet people more easily.
- ✓ I can't enjoy sex without using substances.

Depression, anger, loneliness, and fear:

- ✓ I'm depressed. What difference does it make whether I use?
- ✓ When I get mad enough, I can't control what I do.
- ✓ I'm scared. I know if I use, the feeling will go away.
- ✓ If my partner thinks I've used, I might as well use.



Have you used relapse justifications in the past? If so, give specific justifications you used for each category.

Someone else's fault:

Catastrophic events:

For a specific purpose:

Depression, anger, loneliness, and fear:



Which ones among those listed are you most vulnerable to?



Share and discuss your answers.

3) Addressing specific situations that might lead to relapse

It is difficult to avoid justifying relapse. Therefore, it is important to know the justifications that you used in the past and to find safer responses to dangerous situations. You should plan what you will say if, for example, friends you formerly used call to invite you out. Having a plan allows you to avoid hesitating to decline invitations. You can make a list of potential relapse situations and determine how to avoid them.



*What will you do when your brain suggests excuses to use substances?
Please write relapse justifications that you're vulnerable to and the
responses that will help you avoid relapse.*

Relapse justifications

Your responses (what you'll do to cope
with the relapse justification) or
alternative ways of thinking to combat
the relapse justification

(Example)

*My friend brought me some drugs. It's
his fault.*

*I enjoyed his company. It's my
responsibility to have used drugs. I will
no longer associate with him.*



Share and discuss your answers.



**Always be aware of relapse justifications that you used in the past
and prepared to respond to those dangerous situations.**

Homework Assignment



By modifying what you wrote before and adding something new that you found through the discussion with other patients, finalize the list of relapse justifications and your responses.

Relapse justifications

Your responses (what you'll do to cope with the relapse justification) or alternative ways of thinking to combat the relapse justification

CBT Session 29.

Taking Care of Yourself

Date(s):

____ / ____ / ____

____ / ____ / ____

🎯 Understand the importance of taking care of yourself and regaining self-esteem in recovery.

🎯 Identify aspects of your lives that require changes to regain your self-esteem.

1) Importance of self-esteem to recovery 📄

Substance-dependent individuals often do not take care of themselves. They do not have the time or energy to pay attention to their health or grooming. Health and personal appearance become less important than substance use. Not caring for oneself is a major factor in loss of self-esteem.

People in recovery must recognize their value. During recovery, health and appearance become more important as you care more for yourself. Taking care of yourself is part of starting to like and respect yourself again.

2) Ways to improve self-esteem 📄


Paying attention to the following concerns will strengthen your image of yourself as a healthy, abstinent, and recovering person:


- ✓ Have you seen a doctor for a checkup?
- ✓ When was the last time you went to the dentist?
- ✓ Have you considered getting a new look?
- ✓ Are you paying attention to what you're eating?
- ✓ Do you wear the same clothes you wore when you were using?
- ✓ Do you need to have your vision or hearing checked?
- ✓ Do you exercise regularly?
- ✓ Is your caffeine or nicotine intake out of control?




Some people find it easier to make sweeping lifestyle changes all at once. However, if addressing all these health and grooming issues simultaneously is overwhelming, work on one

or two items each week. Decide which are the most important and do those first. If you look and feel better, you can increase both the strength and pleasure of your recovery.

 *Did you neglect to pay attention to your health and grooming? If so, write down concrete examples?*

 *Did your negligence in your health and grooming affect your substance abuse? If so, write down concrete examples?*

 *What will you do to take better care of yourself? Identify a few areas of your lives that need particular attention.*



Share and discuss your answers.



Taking care of yourself and regaining self-esteem is essential to your recovery. But don't try to change all at once. Prioritize some areas to start with.


CBT Session 30.


Emotional Triggers

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand how certain negative emotions can act as triggers for substance use.

 Understand the effectiveness of writing down your feelings to understand your emotions and prevent relapse.

1) Emotional states and relapse

For many people, certain emotional states are directly connected to substance use, as if emotions cause substance use. It seems to people in recovery that if they could avoid feeling those emotions (e.g., loneliness, anger, and feeling deprived), they would never relapse. These emotional triggers act as warnings or “red flags” for patients.

2) Common negative emotional triggers

The most common negative emotional triggers are the following:

Loneliness: It is difficult to give up friends and activities that are part of a substance-use lifestyle. At the same time, friends and family members who do not use are often not ready to risk getting back into a relationship that did not work earlier. People in recovery are often stranded between groups of friends. As a result, feelings of loneliness can drive them back to using substances.

Anger: People in the early stages of recovery easily become irritated and angry, and these feelings often act as instant triggers for substance use. Once a person uses a substance, regaining a rational state of mind becomes more difficult.

Feeling deprived: Sometime, people in recovery feel as if they have to give up good times and things. Recovery seems like a jail sentence—something to endure. This reverses the actual state of recovery; substance use begins to look good, and recovery seems bad. This upside-down situation quickly leads to relapse.



Therefore, awareness of these red flags is important. Allowing yourself to be flooded with these powerful negative emotions is allowing yourself to be swept rapidly toward relapse.



Have some of the common emotional states above been triggers for you? Describe how they became triggers and how you responded.



Are there other negative emotional states that are dangerous for you? What are they?



Share and discuss your answers.

3) Writing about your feelings to understand your emotions

One of the goals of the recovery process is to learn to separate thoughts, behaviors, and emotions so that you can control what you think and how you behave. It is important to recognize and understand emotions so that actions are not always dictated by feelings.


Many people find that writing about their feelings is a good way to recognize and understand their emotions. You do not need to be a good writer to use this tool. People who do not like to write or have never written much can still learn valuable things about themselves by putting their feelings into words. Follow simple instructions, and try a new way of getting to know yourself:



Cognitive Behavioral Therapy (CBT)


- ✓ Find a private, comfortable, and quiet place and time just for writing. Try to write each day, even if you can only write for a few minutes.
- ✓ Begin by taking several deep breaths and relaxing.
- ✓ Write in response to a question that you've asked yourself about your feelings (for example, "What am I feeling right now?" "Why am I angry?" "Why am I sad?").
- ✓ Forget spelling and punctuation; just let the words flow.


Writing about your feelings makes them clearer to you. It can also help avoid emotional buildup, which often leads to relapse.


 *Write about your feelings today. Write in response to a question such as "What am I feeling right now?", "Why am I angry?", and "Why am I sad?".*



Question: _____

Your Feelings: _____

 *Share and discuss your answers.*

 *Did the exercise to write about your feelings help you better understand your emotions? How do you think it works to prevent relapse?*

 *What are other strategies you've used to understand your emotions better?*

-
-  **Always be aware of certain negative emotions, such as loneliness, anger, and feeling deprived, that act as triggers for you.**
 -  **Write about your feelings to understand your emotions. Don't worry about the quality of your writing.**
-

Homework Assignment



Taking a moment different from that during the session, write about your feelings. Write in response to a question such as “What am I feeling right now?”, “Why am I angry?”, and “Why am I sad?”.

Question: _____

Your Feelings: _____

CBT Session 31.


Illness

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand that becoming ill can be a relapse trigger.

 Understand measures to prevent and cope with illnesses.

1) Sickness as a relapse justification

Illness can be a powerful justification for relapse. When you are sick, you make many exceptions to your routines. You stay at home from work, you sleep more than usual, and you eat different foods. You may feel justified in pampering yourself (for example, “I’m sick, so it’s OK if I watch TV and lie around most of the day”; “I don’t feel good – I deserve a few extra cookies”).

Because people feel that getting sick is out of their control, it seems acceptable to take a break from regular behavior. You need to be careful that, while you are taking a break from other routines, you do not allow sickness to be an excuse for using substances.



2) Relapse risks during illness

When you are sick, you become physically weaker. You may also have less mental energy to maintain your recovery. In addition to a lack of energy to fight substance dependence, you may face the following relapse risks when you are sick:

- ✓ Not exercising
- ✓ Spending a lot of time alone
- ✓ Recovering in bed (which reminds some people of recovering from using substances)
- ✓ Having a lot of unstructured time



Have your illnesses ever led to substance use? If so, give examples.



Share and discuss your answers.

3) How to keep yourself healthy

Although you cannot always prevent yourself from getting sick, you can do things to minimize your chances of becoming sick. The following behaviors help support your recovery in general and keep you healthy:

- ✓ Regular exercise (even when you feel as if you are getting sick, light exercise can be beneficial).
- ✓ Eat healthful meals.
- ✓ Get adequate sleep.
- ✓ Minimize stress.



What do you think are other measures or habits that help keep you healthy?




Share and discuss your answers.

4) Recognizing signs of illness

As you may be more likely to relapse when you are sick, you should be alert to the signs of illness. Soreness, fatigue, headaches, congestion, or a scratchy throat can signal the onset of illness. Even premenstrual syndrome (PMS) can weaken you physically and increase the likelihood of relapse.

If you get sick, try to prevent the negative effects of the illness from interfering with your recovery by getting well as quickly as possible. Obtain proper rest and medical attention so that you can return to your regular recovery routine as soon as possible. You will feel stronger and your recovery will be stronger.

 *What are the typical signs of illness for you?*

 *How will you maintain good health?*

 *What can you do to prevent a relapse when you're sick?*



Share and discuss your answers.



Be reminded that becoming ill increases a relapse risk.


CBT Session 32.


Recognizing Stress

Date(s):

____ / ____ / ____

____ / ____ / ____


 Understand the threat stress poses to recovery.

 Identify symptoms that you may experience when you have stress.

1) Stress affects the recovery process

Stress is a physical and emotional response to difficult or upsetting events, particularly those that persist for long period. Sometimes, you may not be aware of this emotional state until stress produces physical symptoms. However, you need to recognize the signs of stress and minimize its effects on your life. Stress makes it more difficult for individuals to remain abstinent and focus on recovery.



 *What are the long-term effects of stress you've observed in your life?*

 *Share and discuss your answers.*

2) Recognizing signs of stress

People in recovery need to be alert to the following warning signs of stress:

- ✓ Irritability
- ✓ Difficulty communicating
- ✓ Sleep disturbances
- ✓ Headaches
- ✓ Weight loss or gain
- ✓ Tremors or muscle twitching
- ✓ Gastrointestinal problems
- ✓ Constant fatigue
- ✓ Memory problems
- ✓ Disorientation or confusion
- ✓ Difficulty making decisions
- ✓ Depression
- ✓ Apathy



Which of the following symptoms did you experience?

- Sleep problems
- Headaches
- Stomach problems
- Chronic illness
- Fatigue
- Moodiness
- Irritability
- Difficulty concentrating
- General dissatisfaction with life
- Feeling overwhelmed
- Others
(describe: _____)



Share and discuss your answers.

3) Coping with stress

If you have two or more of the above items, you may need to make changes to your life to reduce your level of stress. Being more aware of stress is the first step toward reducing it. You may have become accustomed to turning to substance use during times of stress. Learning new ways to cope with stress is part of the recovery process.

Many practices that you have already explored help reduce stress. Exercise is an effective way to manage stress. Talking to supportive friends and mentors helps manage stress levels.



How did you cope with the problems associated with stress? Did you use substances for this purpose?



If you have stress in your daily life, how do you cope with that?



Share and discuss your answers.



Stress affects the recovery process. Understanding signs of stress is important to prevent relapse.


CBT Session 33.


Reducing Stress

Date(s):

____ / ____ / ____

____ / ____ / ____

 Identify the aspects of your daily lives that are stressful.


 Identify strategies to reduce stress in your lives.

1) Relapse risks posed by the accumulation of daily stress

The previous session (“CBT Session 32. Recognizing Stress”) addressed ways to recognize signs of stress. It is important for you to be alert to signs of stress to prevent the buildup of stressors that will jeopardize your recovery.

2) Identifying sources of stress

People in recovery need to undertake a thorough examination of each aspect of their lives and look for signs and sources of stress. Minimization of stress is important for recovery. You should make the following stressor survey a regular practice. By taking steps to correct the identified problems, you will reduce your stress in life.

 *Answer the following questions as honestly as possible. If your answer is “No,” please describe how you can change it.*

1. Are you investing your time, energy, and money in work and hobbies that you find rewarding?

Yes ___ No ___ If not, how might you change this?

2. Are you usually able to stay focusing on the present or giving your attention to the task at hand without past and future fears crippling you?

Yes ___ No ___ If not, what prevents you from focusing on the present?

How can you change the situation?

3. Do you take time each day to do something relaxing (for example, playing with your children, taking a walk, reading a book, listening to music)?

Yes ___ No ___ If not, what relaxing activity will you add to your day?

4. Are you challenging yourself to do things that increase self-confidence?

Yes ___ No ___ If not, what changes could you make to boost your self-confidence?

5. Do you tackle large goals by breaking them into smaller, more manageable tasks?

Yes ___ No ___ If not, how do you think breaking goals into smaller steps would help you manage stress?

6. Are you careful to make your environment (home, workplace) peaceful, whenever possible?

Yes ___ No ___ If not, how can you make your environment more peaceful?

7. Can you and do you say "No" when that is how you feel?

Yes ___ No ___ If not, how do you think saying "No" could help you cope with stress in your life?

8. Do you know how to use self-relaxation techniques to relax your body?

Yes ___ No ___ If not, what can you do to learn more about ways to relax?

9. Are you careful to avoid large swings in body energy caused by taking in excess sugar and caffeine?

Yes ___ No ___ If not, what changes can you make to limit your intake of sugar and caffeine?

10. Are there specific ways you cope with anger to get it out of your system?

Yes ___ No ___ If not, how would reducing anger help you manage stress? What techniques can you start using that will help you get rid of anger?



Which ones among the 10 questions did you answer “No”? Explain how you can make changes to those items.

3) Making changes to daily life to reduce stress

You might find it helpful to have general strategies that you can apply to minimize stress in your life. **Moderation** and **management** are commonly used techniques.

Moderation: One useful strategy is to do things in moderation; balance is particularly important to a healthy and happy life during recovery. You need to ensure that you don’t experience large swings in physical energy from sleeping too much or not enough, from overeating or eating infrequently, from exercising too much or not at all, or from ingesting too much caffeine or sugar.

Management: A second strategy that you may find useful is planning ahead (scheduling) and breaking down goals into small steps that can be tackled one at a time. This practice helps you assert control over your lives. The feeling that events in life are not under control can be a major source of stress.



How will you apply “moderation” to reduce your stress? Give examples that are feasible for you.



How will you apply “management” to reduce your stress? Give examples that are feasible for you.



Share and discuss your answers.



Understanding sources of your stress by regularly taking the survey of stressors will help your recovery process.



Always keep in mind your strategies to cope with the stress in your lives.

Homework Assignment



Reflect on your lives; what were the factors that produced the most stress?



Write about five ways to reduce stress in your life.

1. _____

2. _____

3. _____

4. _____

5. _____




CBT Session 34.

Managing Anger

Date(s):

____ / ____ / ____

____ / ____ / ____

-  Understand that anger can be an emotional trigger that leads to relapse.
 -  Understand how anger is building up.
 -  Identify your strategies to cope with anger positivity.
-
-

1) How anger can lead to relapse

Substance use is a method of coping with uncomfortable feelings. When faced with troubling emotions, such as anger, substance users often choose not to cope with it and turn to substance use instead. People in recovery also experience difficult emotions and their refusal to cope with these feelings can lead to relapse.



2) How anger builds up

People usually think of anger as a response to a person or an event; however, this is not true. Anger is caused by how one thinks. If people look for someone to blame when they feel angry, they may feel victimized. This can lead to a downward spiral; the more they focus on being victimized, the angrier they become. Often, anger accompanies a sense of victimization. This is typically represented by the following questions.

- ✓ Why do I get all the bad breaks?
- ✓ How come she doesn't understand my needs?
- ✓ Why won't he just do what I want him to do?



How do you recognize when you're angry? Does your behavior change? Do you notice physical changes (for example, pacing, clenching your jaw, feeling restless or "keyed up")?



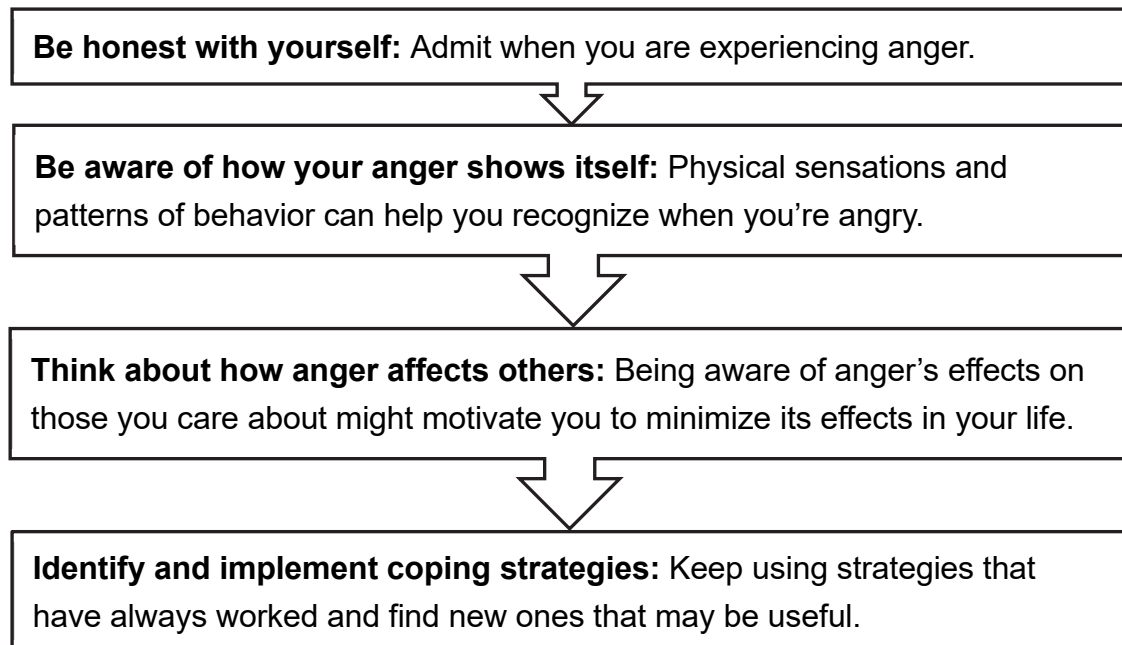
How do you express anger? Do you hold it in and eventually explode? Do you become sarcastic and demonstrate your negative feelings in a discreet or passive manner?





Share and discuss your answers.

3) Understanding and managing anger

The following steps may help you better understand and manage your anger:



 *What positive ways do you know to cope with anger?*

 *Here are some alternative ways to cope with anger. Which of the following will work for you?*

- Talk to the person with whom you are angry.
- Talk to a counselor or another person who can give you guidance.
- Talk about the anger in an outside support group meeting.
- Write about your feelings of anger.
- Exercise.
- Others: _____



Share and discuss your answers.



Always keep in mind specific strategies that work for you to cope with anger.

Homework Assignment



Write down one or two new strategies for coping with anger and their benefits.

New strategies to cope with anger

Benefits




CBT Session 35.

Acceptance

Date(s):


____ / ____ / ____

____ / ____ / ____

-  Understand that accepting your substance dependence is the first step in gaining control of your lives.
-  Understand that accepting your substance dependence is not a sign of weakness.
-  Identify sources of strength to draw on to help you stay abstinent.

1) Accepting the power of substance dependence

“Just say no” is good advice to stop people from trying substances. However, it does not help people who are already substance dependent. Overcoming substance dependence requires that they recognize its power and accept their personal limitations. Entering treatment is the first act of acceptance; however, it is not the only one. Recovery is an ongoing process of accepting that substance dependence is more powerful than you are.

 *Describe how you tried to stop using substances before.*



Have you accepted your substance dependence? If not, what makes it difficult for you to accept your problem? If yes, how has your approach to recovery changed once you accepted it?



Share and discuss your answers.

2) People have limits, and some things are beyond your control

Refusal to accept substance dependence and receive treatment is one of the biggest problems in staying drug-free. Admitting that you have a problem and seeking help are not weaknesses. Substance dependence is a chronic disease, such as diabetes or heart disease, that requires life-long treatment. Does receiving treatment for diabetes or a heart condition mean you are weak-willed?

However, there is a paradox in the recovery process. People who accept the reality of substance dependence to the greatest degree benefit most from recovery. The only way to win the fight against substance dependence is to surrender. The only way to be successful in recovery and to get control of your problem is first to admit that the substance has control over you.



What is your view about the paradox in the recovery process?



Substance dependence can be thought of as a disorder, just like other chronic medical disorders. Does this concept make you feel less guilty and shameful?

3) Identifying sources of support and strength

Admitting and accepting that you have a problem is not something you do only once at the beginning of treatment. Even people who have been in recovery for months can let down their guard and begin to think that they are stronger than their substance dependence. People who are several weeks into recovery often feel that they are “cured.” This often happens during the Honeymoon stage of recovery (refer to “CBT Session 7. Road Map for Recovery”).



Since acceptance can be an ongoing problem throughout recovery, sources of strength are needed to help you stay abstinent. The fellow members of self-help or spiritually oriented programs can provide strong support for recovery.

You should find a meeting group that you are comfortable with and attend regularly. Friends and loved ones can also provide necessary support.



What are sources of strength you can draw on? How will they help you stay abstinent?



Share and discuss your answers.



To overcome substance dependence, you must accept its power and your limitations.



Refusal to accept substance dependence is one of the biggest problems in staying drug-free.

CBT Session 36.

Making New Friends

Date(s):

____ / ____ / ____

____ / ____ / ____

🎯 Understand the need to surround yourself with supportive and non-using friends.

🎯 Identify new places and ways to meet people and make friends.


1) Important role friends play in the recovery

Sometimes, people in recovery expect to stop using substances but maintain old friendships with people who still use. If you are serious about living a substance-free life, you need to find new friends who can be supportive of your recovery. Relationships with friends help shape individuals.



It has been said, “You’ll become like those people with whom you spend your time.” Being around people who are committed to recovery and those whose lives are balanced and fulfilling has a

positive effect on you. Perhaps the most important role friends can play in recovery is as a resource of support and strength. You can also rely on friends for fun activities, which are an important part of your recovery.

 *When you were using substances, how were your friends around you like? How have they affected your life?*



Do you have good friends who can support your recovery? What qualities do these friends have?



Share and discuss your answers.

2) Behavior change may be necessary to make new friends

Friendships are built on common interests. Many people entering treatment have friendships based primarily on substance use. Their social skills for creating new friends may be rusty. People who are reluctant to seek new friendships gain confidence and self-assurance as their recovery progresses.

Friendships are a two-way street. In addition to seeking support from friends, you can benefit from being a good friend to others in recovery or to new people you meet.

3) New places and ways to meet people and make friends

You are encouraged to attend self-help or spiritually oriented meetings, and try to make abstinent friends. You should also think of resuming old hobbies or activities, or exploring new interests. Taking a class, joining a club or gym, and volunteering are good ways to meet people with whom you can form meaningful friendships.



Where do you think you can find new friends?



What behaviors do you need to change to be better able to have honest relationships with friends?



Share and discuss your answers.



Having supportive and non-using friends is an essential element in recovery.


CBT Session 37.


Repairing Relationships

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand the need to repair relationships by making amends.


 Identify ways to make amends and repair relationships.


1) Making amends for past behaviors

Friends and family members of people who are substance-dependent often get hurt as a result of substance abuse. People who are substance-dependent often cannot take care of themselves and certainly cannot take care of others.

As part of your recovery, you should think about whom you have hurt. You should also consider whether you need to do anything to repair your most important relationships. In 12-Step programs (refer to “CBT Session 8. Self-Help Group Meeting”), this process is called “**making amends.**”



 *What are some of the past behaviors for which you might want to make amends? How did those behaviors hurt your friends or family members?*

 *Are there things you neglected to do or say when you were using substances? What are they?*



Share and discuss your answers.

2) Ways to make amends and repair relationships

Making amends does not need to be complicated. Acknowledging the hurt you cause while using substances will probably help reduce conflict in your relationships. Not everyone will be ready to forgive you, but an important part of the process is beginning to forgive yourself. Another aspect of repairing relationships involves forgiving others for the things that they did when using substances.



How are you planning to make amends in your relationships with people whom you hurt?



Are there people whom you need to forgive for what they did when you were using substances? Who and for what do you need to forgive?



Share and discuss your answers.



Acknowledge the hurt that you caused to others while you were using substances.



Also, forgive others for things they did to you when you were using substances.




CBT Session 38.

Date(s):

____ / ____ / ____

____ / ____ / ____


Serenity Prayer

-  Understand the importance of distinguishing between things that can be changed and those that cannot.
 -  Understand what the Serenity Prayer means in the context of recovery.
 -  Identify things in your life or yourself that you can change and that would help strengthen your recovery.
-
-

1) Distinguishing things that can be changed from those that cannot

Distinguishing between what can be changed and what cannot is a critical skill for people in recovery. If you cannot make these distinctions, you will experience frustration, anger, and increased stress, which make you more vulnerable to relapse.

Staying abstinent and progressing in recovery needs your full attention; you do not have time or energy to worry about things that you cannot control.


 *Can you change the situations in each of the following cases? How should you respond to those cases? Please note that there is no right answer.*


- 1) You're stuck in traffic and late for an appointment.

- 2) The grocery store is out of a key ingredient to make a special dish.

3) Your boss reprimands you for being late to work.

4) Your partner still doesn't trust you, even though you've been abstinent for months.

 Which of the above situations can you control? Please note that different people can have different answers.

 How did you distinguish the above situations that can be changed from those that cannot?

2) What Serenity means in the context of recovery

The Serenity Prayer:

God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.

The Serenity Prayer was popularized by Alcoholics Anonymous (AA). Like the 12-Step Programs, the Serenity Prayer has specific religious overtones; the first word in the saying is God. Prayer provides many people with inner calm, but serenity that is beneficial for recovery can be achieved through other means, such as meditation or journal writing.

People who are not religious or do not believe in God can benefit from the principles of the Serenity Prayer. They can think of prayer as a poem or a wise saying.





What does the saying of “The Serenity Prayer” mean to you?



How are “courage” and “wisdom” mentioned in the saying part of your recovery? How do they contribute to serenity?



Share and discuss your answers.

3) Identifying areas that require changes

Achieving the inner peace mentioned in the Serenity Prayer requires not only the ability to set aside those things that you cannot change but also the commitment to work on those things that you can change.

The most important aspects of your lives are the things that will support you in your recovery. Relationships with friends and family can be powerful sources of strength during recovery. Relationships can often be improved and are worth repairing. Other areas of life are both important for recovery and capable of change.



What parts of your life or yourself do you know you can't change?



What have you changed already?



What parts of your life or yourself do you need to change?



Share and discuss your answers.



To be successful in your recovery, you must be able to distinguish between what can be changed and what cannot.

Homework Assignment



Write down one thing about your life that you can change and that would help strengthen your recovery. Then, list the steps you'll take to make that change.

The change to be made:

Steps to make that change:

1.

2.

3.

4.

5.


CBT Session 39.


Compulsive Behaviors

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand what compulsive behaviors are and how they can affect recovery negatively.

 Identify your approaches to eliminating compulsive behaviors.


1) Getting life under control by eliminating compulsive behaviors

Compulsive behaviors are irrational or destructive actions that people undertake in response to impulses that they cannot resist. As people become more dependent on substances, what started as casual practice progresses to compulsive use.


Once abstinent and in recovery, they may replace their compulsive substance use with other compulsive behaviors. Signs of compulsion include overindulging in food, tobacco, caffeinated soda, coffee, sweets, exercise, work, and masturbation. Gambling, spending a lot of money, and abusing other substances, including alcohol, may also be compulsive behaviors.




It is important to eliminate compulsive behaviors from your lives. As long as some parts of your life are out of control, it is easy for you to return to out-of-control use of substances.

 *Have you ever noticed yourself behaving excessively in any of the following ways?*

- | | |
|--|---|
| <input type="checkbox"/> Working all the time | <input type="checkbox"/> Eating foods high in sugar |
| <input type="checkbox"/> Abusing prescription medications | <input type="checkbox"/> Exercising to the extreme |
| <input type="checkbox"/> Using other substances including alcohol (after stopping one substance) | <input type="checkbox"/> Masturbating compulsively |
| <input type="checkbox"/> Drinking a lot of caffeinated sodas or coffee | <input type="checkbox"/> Gambling |
| <input type="checkbox"/> Smoking | <input type="checkbox"/> Spending too much money |
| | <input type="checkbox"/> Other: _____ |
| | _____ |

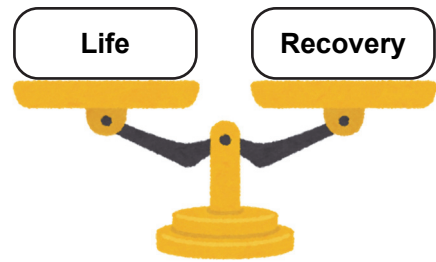
 *Share and discuss your answers.*


 *Did you engage in more compulsive behaviors when you were abstinent from using drugs?*


2) **Balancing lifestyle change with a healthful and successful recovery**

People may have different approaches to eliminating compulsive behaviors from their lives. Some people find it easier to make simultaneous sweeping changes than do others. Other people must make gradual changes, one or two at a time.

You need to work toward the goal of eliminating your compulsive behaviors in a way that is comfortable for you and allows you to maintain your life and recovery in balance.



 *What have you done to eliminate compulsive behaviors from your lives so far?*

 *What approach will you use to eliminate compulsive behaviors if you have them?*



Share and discuss your answers.



Are you tackling all behaviors at once or one or two at a time?



Correctly understand compulsive behaviors and eliminate them because they affect recovery negatively.

CBT Session 40.


Date(s):

____ / ____ / ____

____ / ____ / ____

Coping with Feelings

 Recognize and understand your emotional responses.

 Explore strategies for coping with emotions.

1) Recognizing and understanding emotional responses

Out-of-control feelings drive people in recovery back to using substances. So, it is important for you to be able to recognize and understand your emotional responses and learn how to cope with them.

2) Strategies for coping with emotions

The following skills are useful to appropriately cope with your feelings.

Recognizing your feelings: Sometimes, people don't allow themselves to have certain emotions (for example, you tell yourself, "Feeling angry is not all right"). Sometimes people aren't honest with themselves about their emotions (for example, saying, "I'm just having a bad day," when the truth is "I'm sad"). When you mislabel emotions, those emotions build up inside you, causing problems. Therefore, it is important to be honest with yourself, even when experiencing negative or painful emotions.





Recognizing physical signs of certain feelings: You may get upset when you are anxious. You may bite your fingernails when you are stressed or shake when you are angry. You need to think about the emotions that trouble you and try to identify how they physically show themselves.


Identifying particular emotions that you need to better cope with: How do you respond to negative emotions? How do your feelings affect you and others around you? For example, do your feelings interfere with your relationships with others? By looking into these patterns, you can identify one or two emotions you need to better cope with.

Appropriately expressing your emotions: It is important to find an appropriate way of expressing emotions. You need to learn which situations are appropriate for expressing your

feelings directly. You can change your way of thinking and modify your feelings. For example, instead of saying, “I am so angry because she does not agree with me. I feel like using a substance,” you can frame your feelings as, “It’s all right for someone not to agree with me and using substance will not make anything better.”

 *Have you recognized any physical signs caused to you by certain emotions? What are they?*

 *Are there any emotions that you’re particularly vulnerable to? How do they affect you and other people around you?*

 *How can you better cope with those emotions? Write down as many strategies as you can think of.*



In which situations is it OK for you to express your feelings directly?



Share and discuss your answers.



To understand ways to cope with your feelings is important because out-of-control feelings drive people in recovery back to substance use.


CBT Session 41.

Depression

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand the association between drug use and depression.

 Understand signs of depression.

 Identify effective strategies for coping with depression.

1) Drug use and depression

Although we know that drug use and depression are related, how they interact is unclear. Most people in recovery report having problems with depression from time to time.

Depression can be a problem for people who use *Shabu*. It makes people feel “high” by flooding the brain with chemicals called neurotransmitters that regulate feelings of pleasure. During recovery, the brain does not supply sufficient neurotransmitters. An undersupply of neurotransmitters causes temporary depression. However, this differs from clinical depression.




2) Signs of depression


In some people, depression left untreated can result in relapse. Therefore, you should be aware of the signs of depression and be prepared to cope with your feelings. Some symptoms that might indicate depression are as follows.


- ✓ Low energy
- ✓ Overeating or not eating
- ✓ Sad thoughts
- ✓ Losing interest in career or hobbies
- ✓ Sleeping more than usual
- ✓ Decreased sex drive
- ✓ Increased thoughts of drinking
- ✓ Insomnia
- ✓ Stopping exercise program
- ✓ Avoiding social activities
- ✓ Feelings of boredom, irritability, or anger
- ✓ Crying spells
- ✓ Suicidal thoughts or actions
- ✓ Stopping normal activities such as work, cleaning the house, and buying groceries


If you feel that you cannot cope with your depression, or if your depression lasts for a long time, seek help from a mental health professional. Your counselor or someone else at your treatment program can refer you for help.

 *Check all signs that apply to you now.*

<input type="checkbox"/> Low energy	<input type="checkbox"/> Stopping exercise program
<input type="checkbox"/> Overeating or not eating	<input type="checkbox"/> Avoiding social activities
<input type="checkbox"/> Sad thoughts	<input type="checkbox"/> Feelings of boredom, irritability, or anger
<input type="checkbox"/> Losing interest in career or hobbies	<input type="checkbox"/> Crying spells
<input type="checkbox"/> Sleeping more than usual	<input type="checkbox"/> Suicidal thoughts or actions
<input type="checkbox"/> Decreased sex drive	<input type="checkbox"/> Stopping normal activities such as work, cleaning the house, buying groceries
<input type="checkbox"/> Increased thoughts of drinking	
<input type="checkbox"/> Insomnia	

 *What other signs indicate depression?*

 *Have you been through depressive episodes? How did you recognize the signs of depression?*


 *What symptoms have you experienced? Were those reduced after the “Wall” stage (after 2–4 months from starting total abstinence)?*

3) Coping strategies to manage depression



Coincidentally, almost the same strategies to prevent relapse can be used to address symptoms of depression. It is especially important to reach out to supportive friends and family if you feel depressed. The following activities may be effective ways to cope with depression.

- ✓ Increase exercise
- ✓ Plan some new activities
- ✓ Consult a doctor; medication
- ✓ Talk to a spouse
- ✓ Talk to a friend
- ✓ Talk to a counselor

However, when these strategies do not help reduce depression, you might have clinical depression and should be referred for more intensive treatment.

 *What are your strategies to cope effectively with each sign of depression that you indicated in the previous exercise?*

 *Share and discuss your answers.*

-
-  **People who stop using *Shabu* may experience depression because of chemical reactions that regulate feelings of pleasure inside their bodies.**
 -  **To understand signs of depression and ways to cope with it is important to prevent relapse in recovery.**
-

CBT Session 42.

Date(s):

____ / ____ / ____

____ / ____ / ____

Relapse Justification (2)

🎯 Identify the relapse justifications that are associated with the overconfidence in your control over substance use.

🎯 Formulate your plan to respond to the relapse justifications.

1) Relapse justifications happen before relapse events 📄

As you previously learned (“CBT Session 28. Relapse Justification (1)”), relapses do not occur completely by accident. Relapse justification occurs in people’s minds before the relapse event. A person may have decided to stop using substances, but the person’s brain is still healing and feels the need for them. The addicted brain invents excuses that allow the person in recovery to edge close enough to relapse situations in which accidents can occur.

2) Relapse justifications associated with the overconfidence 📄

Personal strength is necessary to stop taking drugs and to remain abstinent. However, people cannot rely on this strength in all situations. Some people try to test their willpower and feel that they can measure their recovery by getting close to, but not using, substances.



In addition to those learned before, examples of relapse justifications are provided below. These justifications are associated with people’s overconfidence in their strengths.

Substance dependence is cured:

- ✓ I am back in control. I will be able to stop when I want.
- ✓ I learned my lesson. I only use small amounts once a while.
- ✓ Marijuana was not my problem, *Shabu* was. Therefore, I can use this and will not relapse to using *Shabu*.

Testing yourself:

- ✓ I am strong enough to be around substances now.
- ✓ I want to see whether I can say “No” to using substances.

Cognitive Behavioral Therapy (CBT)

- ✓ I want to see whether I can be around my old friends.
- ✓ I want to see how the high feels now that I have stopped using substances.

Celebrating:

- ✓ I am feeling really good. One time of use won't hurt.
- ✓ I am on vacation. I will return to not using when I return home.
- ✓ I am doing so well. Things are going great. I owe myself a reward.
- ✓ This is such a special event that I want to celebrate.



Have you been confident in your control over substance use and used relapse justifications in the past? If so, give specific justifications you used for each category.

Substance dependence is cured:

Testing yourself:

Cerebrating:





Share and discuss your answers.



3) Countering relapse justifications 

The most important measure of in recovery is abstinence, not being strong. Being smart about abstinence helps the recovery.


It is important to anticipate likely relapses associated with overconfidence and plan responses. You need to be honest about your vulnerabilities and plan detailed responses to specific relapse justifications.

 <i>What will you do if you are confident in your control over substance use and confront excuses to use? Please write relapse justifications that you're vulnerable to and the responses that will help you avoid relapse.</i>	
<u>Relapse justifications (associated with your overconfidence)</u>	<u>Your responses (what you'll do to cope with the relapse justification) or alternative ways of thinking to combat the relapse justification</u>
 <i>Celebrations are usual public events, and drinking or substance use is often expected. How do you plan to handle those circumstances?</i>	
<hr/>	
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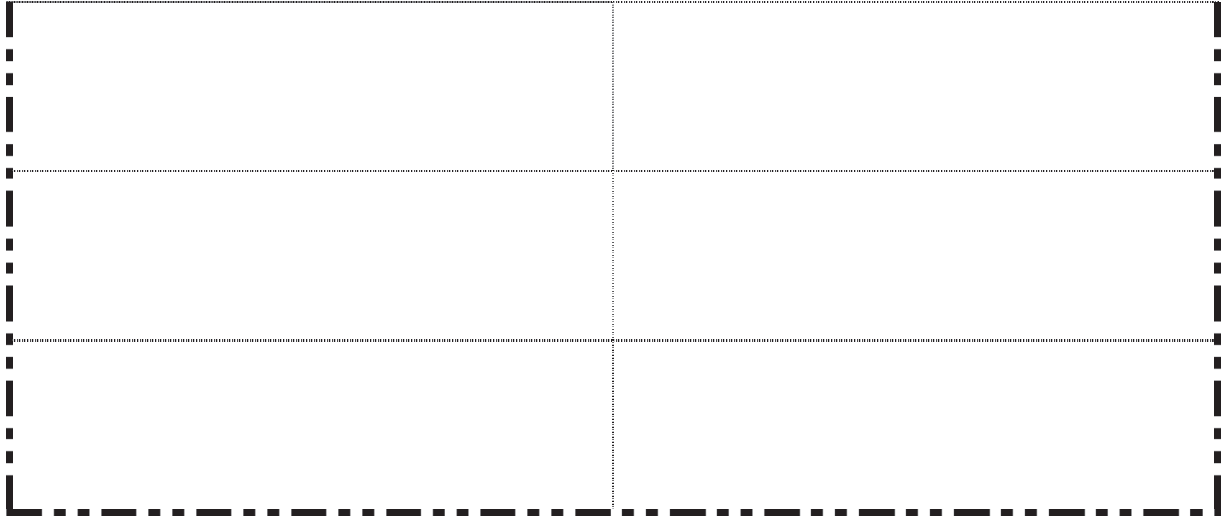
 *Share and discuss your answers.*

-  **Don't move closer to substance use to test your strength. You don't have to be strong. Just be smart for abstinence.**
-  **Always be aware of relapse justifications that you used in the past and prepared for those dangerous situations.**

Homework Assignment

 *Finalize the list of relapse justifications and your responses. Include those you previously listed in "CBT Session 28. Relapse Justification (1)".*

<u>Relapse justifications</u>	<u>Your responses (what you'll do to cope with the relapse justification) or alternative ways of thinking to combat the relapse justification</u>



CBT Session 43.

Past, Present, and Future

Date(s):

____ / ____ / ____

____ / ____ / ____

🎯 Understand that the negative thoughts about the past and the fears about the future negatively affect the process of recovery.

🎯 Explore strategies for focusing on the present.

1) Being overwhelmed by the past

When people enter treatment, their immediate past is usually characterized by failure. They can use little in the past to build self-confidence. Once they are in recovery, they are often overwhelmed by the process of clearing problems from the past and are unable to face the present or future optimistically.

Beating yourself about the past makes you less able to handle the present. You allow the past to make recovery more difficult when you tell yourself.

“I can never do anything right. I always mess up every opportunity.”

“If I try to do something difficult, I will fail. I always do.”

“I always am letting people down. I always have disappointed everyone.”



Relapse usually does not occur because of experiencing a difficult day or troubling situation. Any day or event is usually manageable. Things become unmanageable when a person in recovery allows past events to affect the present.



Are you obsessed with any negative thoughts about the past? If so, please describe those.



Do negative thoughts about the past make it difficult to handle the present? If so, please describe how.



Share and discuss your answers.

2) Fearful thoughts of the future

You're filling yourself with fear when you tell yourself:

"Tomorrow, something will happen to ruin this."

"That person is going to hate me for this."

"I will never be able to make it."

You can plan ahead and prepare, but you can do little else about an unknown future. You can only address what is happening today.

Negative feelings about the future add stress to patients' lives and increase their chances of relapse. When you have these thoughts, you need to remind yourself that the past or present does not necessarily define the future.



Are you obsessed with any fearful thoughts about the future? If so, please describe them.



Do fearful thoughts about the future affect your lives today? If so, please describe how.



Share and discuss your answers.

3) Coping with negative thoughts

You need to find ways to reject negative thoughts that arise when you are overwhelmed by the past or fearful thoughts about the future. The thought-stopping techniques you have learned can help remove these negative thoughts. Exercise, meditation, and journal writing also help you focus your mind and control your thoughts. Talking to a friend who can remind you of your successes is a good way to keep yourself focused today and reject fearful thoughts about the future.



Which strategies do you think will be effective for you to reject the negative thoughts about the past and the fears about the future?



What things can you tell yourself to make you focused on the present?



Share and discuss your answers.



Negative thoughts about the past and the fears about the future negatively affect the process of recovery. Be aware of strategies to cope with those negative thoughts.

CBT Session 44.

Recreational Activities

Date(s):

____ / ____ / ____

____ / ____ / ____

🎯 Understand the importance of introducing new recreational activities or restarting old pursuits into your life to stay abstinent.

🎯 Explore ways to continue those activities and make them part of your life.

1) Introducing recreational activities in your life 📄

In addition to abstaining from substance use, it is important for you to include interesting activities in your life. For many people in recovery, substance use was the main way they relaxed and had a good time. Now that you are abstinent and in recovery, it is important to find fun activities that can replace substance use. You might try to return to the old activities you enjoyed before you started using substances.

New activities and hobbies are excellent ways of supporting recovery while meeting new people. You might take a Zumba class, learn a new skill, try your hand at making art, participate in a new sport, volunteer work, or try new interests. Ask your friends about the hobbies they enjoy. Check newspapers for lectures, movies, plays, and concerts.



✍️ *What are some hobbies or activities that you used to enjoy and might like to try again? How did they enrich your life?*



What new activities and interests would you like to pursue?



Share and discuss your answers.

2) Making recreational activities part of your life

Note that not all new activities are fun. It may take a while before you can enjoy a new activity or become proficient in a new skill. Old activities that you enjoy may not feel the same now if you are abstinent and in recovery. Regardless of how new or old activities feel, you need to make them a part of your life.

You also need to have family members understand the significance of your engagement in such activities to remain abstinent. Supportive friends may also help you continue your activities and make them part of your life.



What will be possible obstacles in continuing those recreational activities that you plan to pursue? How will you try to overcome them?



Share and discuss your answers.



Engaging in new recreational activities or old pursuits help you stay abstinent.




CBT Session 45.

Date(s):

____ / ____ / ____

____ / ____ / ____

Looking Forward; Managing Downtime

-  Understand the risks of boredom as a relapse trigger.
 -  Understand the benefits of planning things to look forward to as rewards to yourself.
 -  Explore different ways to handle downtime to relieve the boredom.
-
-

1) Boredom can be a relapse trigger

Recovery activities and routines can seem stifling. The emotional flatness experienced during recovery can be explained as follows:

- ✓ Many people feel particularly bored and tired 2 to 4 months into recovery (during the period known as the “Wall”).
- ✓ The recovery process may prevent you from feeling strong emotions of any kind.
- ✓ Life feels less “on the edge” than it did when you were using substances.



If this state of boredom and exhaustion persists, you are very vulnerable to relapse. It is difficult to resist triggers and relapse justifications when energy levels are low.



How has boredom become a trigger for substance use?

2) Planning things to look forward to

Planning enjoyable things to look forward to is one way to create a sense of anticipation and excitement in your life. You do not need to plan something extravagant. Plans can be to do things such as:

- ✓ Going out of town for holidays
- ✓ Taking a day off work
- ✓ Going to a play or a concert
- ✓ Attending a sporting event
- ✓ Visiting relatives
- ✓ Going out to eat
- ✓ Visiting an old friend
- ✓ Having a special date with your partner



You should plan these small rewards often enough so that you do not get too stressed, tired, or bored between them.



List things that you used as rewards to yourself.



List enjoyable things to look forward to that you will plan.



Share and discuss your answers.

3) Handling downtime

For many of you, substances provided quick relief from boredom and listlessness. You need to decide what can replace substance use and provide a refreshing and satisfying break from the daily grind. It does not matter what non-using activities you pursue during downtime; however, it is necessary to find a way to relax and rejuvenate.

The more tired and beaten down you become, the less energy you will have to stay smart and commit to recovery. If you feel stressed, impatient, angry, or emotionally closed off, you will require more downtime.



Which activities listed below would help rejuvenate you?

- | | | |
|---|--|---|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Taking a class | <input type="checkbox"/> Going to the movies |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Playing team sports | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Meditating or doing yoga | <input type="checkbox"/> Bicycling | <input type="checkbox"/> Knitting |
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Painting, drawing | <input type="checkbox"/> Fishing |
| <input type="checkbox"/> Playing with a pet | <input type="checkbox"/> Exercising at the gym | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Becoming active in a church | <input type="checkbox"/> Cooking | <input type="checkbox"/> Window shopping |
| <input type="checkbox"/> Talking with a friend who doesn't use substances | <input type="checkbox"/> Going to self-help meetings | <input type="checkbox"/> Playing a musical instrument |



List any other activities that would help you rejuvenate.



On a day when you were stressed, you would have said, "I really need a drink" or "I need to get high today." What will you do now, especially in your downtime?



Share and discuss your answers.



Boredom can be a relapse trigger. Plan things to look forward to.


CBT Session 46.


Holidays and Recovery

Date(s):

____ / ____ / ____

____ / ____ / ____


 Understand that the added stress of holidays increases the risk of relapse.

 Understand ways to avoid triggers during holiday seasons.

1) Holidays pose particular risks for recovering individuals

The holiday seasons and celebrations that come with them make it difficult for people in recovery. Holidays come with increased stressors, such as hectic schedules, travel, and increased spending. Additionally, many people experience intense emotional swings during holidays, either joy or depression. In this environment, when faced with increased triggers, people find it easier to relapse.



 Review the list below and check the items that might cause problems for you during the holidays.

- More alcohol and drugs at parties
- Shortage of money because of travel or gift buying
- More stress caused by hectic pace (for example, traffic, crowds)
- The normal routine of life interrupted
- Stopping exercise
- Not going to self-help meetings
- Not going to aftercare programs
- Party atmosphere
- More contact with family
- Increased emotions from holiday memories
- Increased anxiety regarding triggers and craving
- The frustration of not having time to meet responsibilities
- Coping with “New Year’s Eve” – type occasions
- Extra free time with no structure
- Other: _____



Total up the number of checkmarks to get your score.

Your score is: _____



Based on your score, mark one that applies to your risk level of holiday stress.

- Mild (0-3): The holidays produce only a slightly increased risk of relapse.
- Moderate (4-6): The holidays add a lot of stress to your life. Relapse risk is related to how well you cope with increased stress. Your score indicates that you need to plan carefully for your recovery during the holidays.
- Severe (7 or more): The holidays add a major amount of stress to your life. Relapse prevention means learning how to recognize added stress and taking extra care during dangerous periods. Your score indicates the holidays are one of these periods for you.



Share and discuss your answers.



Are holidays stressful times for you? How will holidays affect your recovery?

2) Strategies to avoid triggers during holidays

During holidays, you need to be aware of the added risks and make plans to help avoid triggers. If you have neglected the practice of scheduling your time, you should restart the practice as a holiday approaches. If you know you will be out of town, you should make arrangements to keep up with activities that prevent you from relapsing. This may mean scheduling phone calls with your supporter, ensuring you can exercise, or setting aside time for meditation or journal writing.



Considering your risk level in the previous exercise, what measures will you take to cope with holiday seasons and the celebrations that come with them?



Share and discuss your answers.



Plan and schedule your time before the holidays approach. That will decrease the relapse risk.

Cognitive Behavioral Therapy Evaluation (CBT-E)


CBT-E Session 1.

Date(s):

____ / ____ / ____

____ / ____ / ____

Recovery Status Review

 Understand the importance of reviewing your recovery status to prevent a relapse.

 Understand how to use a self-review tool of your recovery status.

1) Reviewing your recovery status

Remaining abstinent is the most important part of your recovery, but there is much more. For example, you need the support of your family and friends. You will also make daily decisions that influence your recovery. So, you need to monitor how you are performing in various aspects of recovery.



2) Review items for successful relapse prevention

Successful relapse prevention requires regular and frequent reviews of a broad spectrum of issues, including

- | | |
|--------------------------|----------------------------|
| ✓ Career | ✓ Self-esteem |
| ✓ Friends | ✓ Physical health |
| ✓ Family | ✓ Psychological well-being |
| ✓ Romantic relationships | ✓ Sexual fulfillment |
| ✓ Drug use/cravings | ✓ Spiritual well-being |
| ✓ Alcohol use/cravings | |

You need to review your recovery status using the above items at least once a month.



Rate how satisfied you're with the following areas of your life as of now by placing a checkmark in the appropriate boxes.

Subject	Very Dissatisfied (1)	Somewhat Dissatisfied (2)	Neutral (3)	Somewhat Satisfied (4)	Very Satisfied (5)
Career					
Friends					
Family					
Romantic relationships					
Drug use/ cravings					
Alcohol use/ cravings					
Self-esteem					
Physical health					
Psychological well-being					
Sexual fulfillment					
Spiritual well-being					



Which of these areas has improved the most since you entered treatment?



Which are your weakest areas? How are you planning to improve them? How will you change yourself?



Share and discuss your answers.



Will you conduct the self-review of your recovery status regularly after completing the treatment program? What will be the benefits of continuing this practice?



Review your recovery status regularly and frequently by yourself.


CBT-E Session 2.


Analyzing Behaviors for Relapse Prevention

Date(s):

____ / ____ / ____

____ / ____ / ____

 Understand how to assess the achievement of your relapse prevention activities.

 Understand how to analyze patterns of your behaviors that lead to a relapse event.

1) Reviewing your relapse prevention activities

To prevent relapse, you must continue to review the status of relapse prevention activities in addition to the recovery status that you have learned previously. The following are all relapse prevention skills you have learned. You need to do these regularly to ensure the success of your recovery.

- ✓ Schedule activities daily
- ✓ Visit the physician for a checkup
- ✓ Destroy all drug paraphernalia
- ✓ Avoid people who use alcohol
- ✓ Avoid people who use drugs
- ✓ Avoid bars and clubs
- ✓ Stop using alcohol
- ✓ Stop using all drugs
- ✓ Pay financial obligations promptly
- ✓ Identify addictive behaviors
- ✓ Avoid triggers (when possible)
- ✓ Use thought-stopping techniques for cravings
- ✓ Attend aftercare programs
- ✓ Attend self-help meetings
- ✓ Exercise daily
- ✓ Discuss thoughts, feelings, and behaviors honestly with your counselor



Which things in the list below do you have difficulties in doing regularly or adequately? Mark all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Schedule activities daily | <input type="checkbox"/> Identify addictive behaviors |
| <input type="checkbox"/> Visit the physician for a checkup | <input type="checkbox"/> Avoid triggers (when possible) |
| <input type="checkbox"/> Destroy all drug paraphernalia | <input type="checkbox"/> Use thought-stopping techniques for cravings |
| <input type="checkbox"/> Avoid people who use alcohol | <input type="checkbox"/> Attend aftercare programs |
| <input type="checkbox"/> Avoid people who use drugs | <input type="checkbox"/> Attend self-help meetings |
| <input type="checkbox"/> Avoid bars and clubs | <input type="checkbox"/> Exercise daily |
| <input type="checkbox"/> Stop using alcohol | <input type="checkbox"/> Discuss thoughts, feelings, and behaviors honestly with your counselor |
| <input type="checkbox"/> Stop using all drugs | |
| <input type="checkbox"/> Pay financial obligations promptly | |



Why are they difficult? What might need to change for you to begin those things?



Share and discuss your answers.



Will you be able to review your relapse prevention activities regularly? What are the benefits of doing so?

2) Analyzing the context of a relapse event

Some people who successfully complete the treatment program may experience relapse at some point. If this happens, the critical issue is whether you continue the recovery process following the relapse.

A relapse episode does not begin when you use substances. Often, things that happen before you use substances indicate the beginning of relapse. Identifying patterns of behavior will help recognize and interrupt relapse. Using the Relapse Analysis Chart (in the exercise below), you can note events that occurred during the week immediately before relapse.



If you experienced a relapse in the past, recall the events that occurred during the week immediately before the relapse and how you felt about the event at that time. Then, complete the following Relapse Analysis Chart.

	<u>Events that occurred during the week immediately before the relapse</u>	<u>Your feelings about the event</u>
Career events		
Personal events		
Treatment events		
Drug-related behaviors		
Behavioral patterns		
Relapse thoughts		
Health status		



Share and discuss your answers.



Will you be able to fill the Relapse Analysis Chart if you experience a relapse? What are the benefits of doing so?



Review your relapse prevention activities regularly and frequently.



Things that happen before you use substances indicate the beginning of a relapse. So, identifying patterns of your behaviors will help you recognize and interrupt the relapse.

CBT-E Session 3.

Continuing Treatment Planning

Date(s):

____ / ____ / ____

____ / ____ / ____

 Set your continuing treatment goals.

1) Setting continuing treatment goals




Recovery requires specific actions and behavioral changes in many areas of life. Before you end your treatment program, it is important to set new goals and plan for a different lifestyle. This guide will help you develop a plan and identify the steps necessary to achieve your goals.



Write your current status and goals for each area of your life.

Areas	Where are you now?	Where would you like to be?	What steps do you need to take?	When?
Family				
Work/ Career				
Friendships				
Financial, legal obligations				

Education				
Exercise				
Leisure activities				
Self-help meetings				

-  *Share and discuss your answers.*
-  *Will you face barriers to achieve those goals? What are those?*
-  *How are you a different person now than you were when you started the treatment program?*

2) Recovery support after finishing the treatment program

You will leave the treatment program soon. Recovery is a lifelong process. You still need support in different ways. You can use the information below to decide how best to support your recovery.

Aftercare program: You need to participate in aftercare programs for at least 18 months. This provides an opportunity to address important issues and problems associated with abstinence and recovery. Aftercare programs provide a safe environment for continued support until they are no longer needed.

Couples therapy: It is often a good idea for couples to start attending aftercare programs. You may also see a counselor together to work on relationship issues.

Self-help group meetings: Attendance at self-help group meetings is a critical part of recovery. It is essential to find meetings that you regularly attend near your residence.



Will you continue to attend programs for your recovery? How can you motivate yourself to do so?



What aspects of treatment in the TRC have been most helpful?




Were there parts of treatment that haven't been helpful? What were they?



Setting continuing treatment goals is a critical step to start your new life after finishing the treatment program.

Homework Assignment

 *Write your plan of activities for each area of your life for the first month following the completion of the treatment program.*

Family: _____

Work/ Career: _____

Friendships: _____


Financial, legal obligations: _____

Education: _____

Exercise: _____

Leisure activities: _____

Self-help meetings: _____

 *Write down information about the NA group near your residence that you'll be able to attend.*

Contact Person: _____

Phone Number: _____

Physical Location: _____

Name: _____

Date of Registration: _____