



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)**

1ST EDITION

SEPTEMBER 2021



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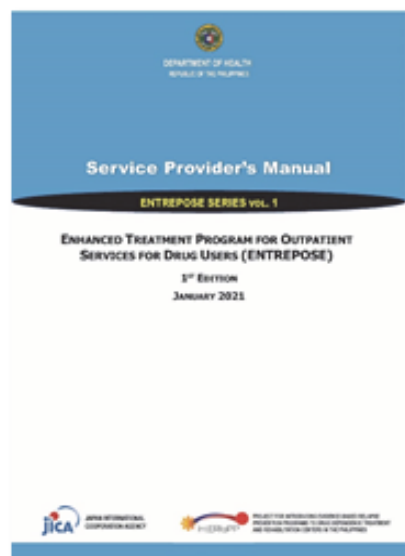


PROJECT FOR INTRODUCING EVIDENCE-BASED RELAPSE
PREVENTION PROGRAMS TO DRUG DEPENDENCE TREATMENT
AND REHABILITATION CENTERS IN THE PHILIPPINES

ENTREPOSE Series

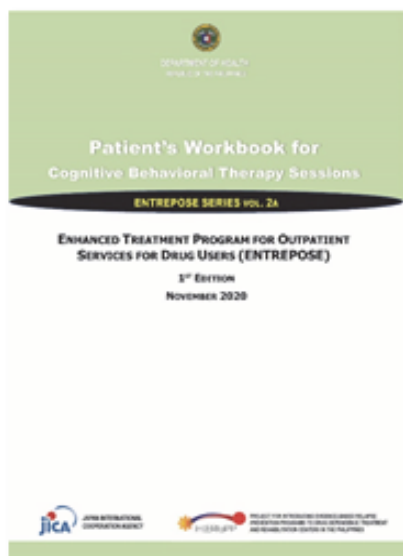


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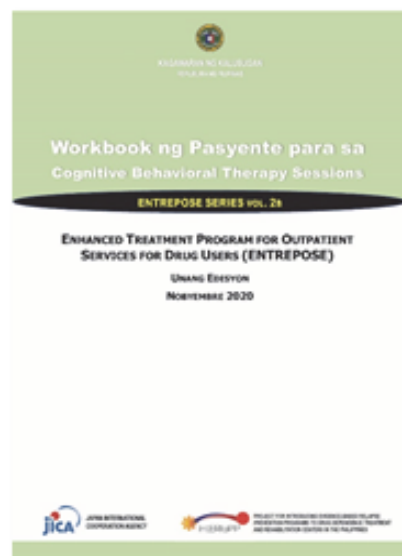


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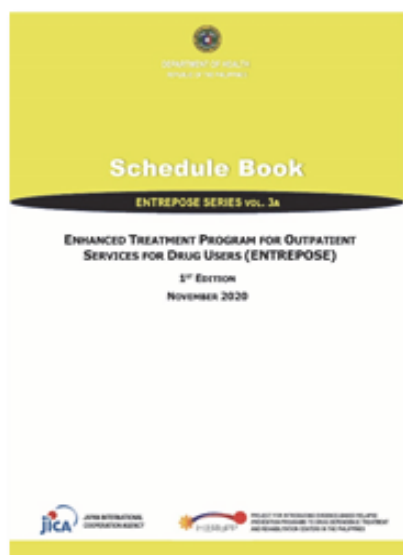


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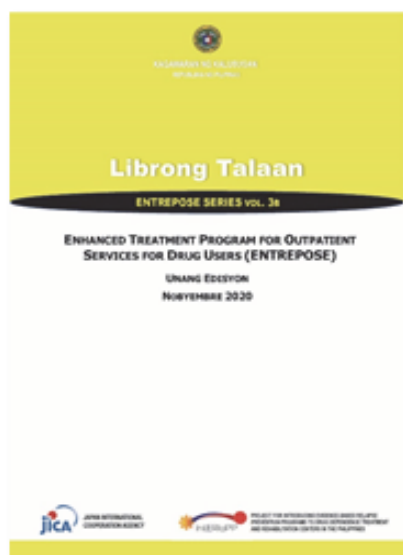


(Tagalog)

3 Schedule Book



(English)



(Tagalog)

5 Training Kit



4 Presentation Modules for Psycho-Education Sessions

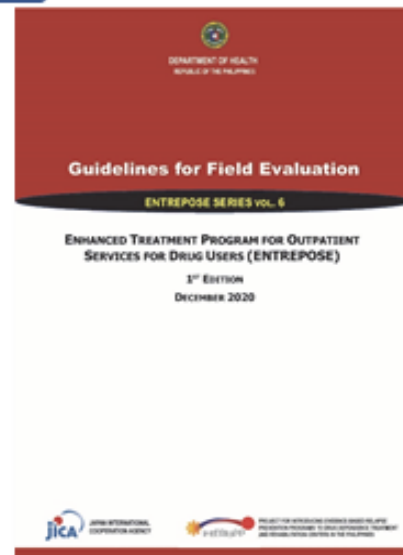


(English)



(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)

1st Edition

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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 the technical assistance of Japan International Cooperation Agency (JICA). ENTREPOSE comprises seven 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'll 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 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 a form of group sessions attended by 10-15 patients. Static groups will be formed, meaning that you'll 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 its back cover and not share it with other patients. You'll 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. It 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 contents in the worksheets are represented by using the following icons:

 Objective	 Text reading	 Exercise	 Discussion	 Highlight
---	--	--	--	---

Almost every worksheet involves exercises, in which you'll write down your answers directly in the Patient's Workbook. Some worksheets ask you to do 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 its back cover and not share it with other patients. You'll 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 to 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 the patients participating in group sessions of the CBT and CBT-E Programs must adhere to the following ground rules. These conditions are essential for a successful treatment experience.

Logistic issues:

- ✓ Bring the Patient's Workbook, the Schedule Book, a pencil, and an eraser for every session.
- ✓ Don't share the Patient's Workbook and the Schedule Book with other patients. Write down your name and the date of admission on their 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 you speak to him or her. Don't attack people personally.
- ✓ Don't dominate the conversation. Allow time for other patients to participate.
- ✓ Be honest.
- ✓ Avoid sharing graphic stories of drug use.
- ✓ Write down dates of the sessions beside each topic title in the Patient's Workbook.



Program Orientation

- ✓ Write down memos in the Patient's Workbook for your future references. Try to write as many memos as possible since you'll find those helpful in the future.

After the sessions:

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



As a warm-up exercise before starting the CBT Programs, write down the advantages and disadvantages of using and quitting drugs.

	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 is.

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're not used to it. It is, however, an important part of the recovery process. People with substance dependence don't 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 then follow it, you'll be doing what you should be doing instead of what you feel like doing. Most people can schedule 24 hours and follow it.



3) How scheduling works on your substance dependence

Scheduling of your activities is very important in treating your substance dependence. Your rational brain plans the schedule, and if you follow the schedule, you'll not use substances. Your addicted brain wants to be out of control. If you go off the schedule, your addicted brain may be taking you back to using substances. It is important to make sure you do what you wrote down. Follow your schedule; 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 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)



Your brain associates the triggers with substance use. As a result of constant triggering and using, one trigger can cause you to move toward substance use.


2) Identifying individual triggers 📄


Identifying your triggers is an important part of treatment. Think about your past substance use and your 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 your brain and automatically cause substance use even though you've 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 know how to cope with these triggers. You may find some triggers relatively easy to cope with, whereas you might need someone's help on some others.

The basic strategies to cope with triggers are as follows:

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

2) Finding out feasible coping strategies with triggers

It is particularly important to find out ways to cope with triggers that are concrete and feasible. The following principles should be taken into consideration when you try to identify your 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” can't be a coping strategy because even a dead man can do that. Instead, you should set the strategy like “going back home by 6:30 pm on Friday nights” or “going out for dinner with my wife on Friday nights.”



Cognitive Behavioral Therapy (CBT)

- ✓ Your coping strategies must be realistic and feasible. Don't make them too challenging to continue.
- ✓ Trying something new or seeking somebody's help could be considered.

The following table shows an example of the triggers and coping strategies. The levels of difficulties in implementing the coping strategies are represented by numbers from 1 (easy) to 5 (difficult). Please note that this is just an example. Coping strategies and the levels of difficulties are different from person to person.

Triggers for substance use	Coping strategies	Difficulties to Implement 1 (easy) – 5 (difficult)
Drinking out after work	1. Going to a sports club instead of going out for drinking	3
	2. Responding as "drinking alcohol is stopped by the doctor's order" when a friend asks you out for drinking	2
	3. On paydays when I often drink out, meeting up with my wife near my workplace and going for a 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 levels of difficulties to implement for each trigger that you mentioned above. Please take account of the principles that you learned. Remember the “dead man’s rule” and avoid writing “not doing something” as a coping strategy.

Triggers for Substance Use	Coping Strategies	Difficulties 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 triggers for substance use.



Remember the “dead man’s rule” – whatever a dead man can do can’t 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, your brain has permitted you by using a process called relapse justification. Thoughts about using start an argument inside your head. You feel as though you're in a fight, and you must come up with many reasons to stay abstinent. But, your mind is looking for an excuse to use again.

The argument inside you is part of a series of events leading to substance use. How many times have you lost in this argument?



2) What are cravings 📄

Cravings are impulsive urges to use substances. Cravings will not stop just because you've 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 the triggers because the triggers can lead to cravings.

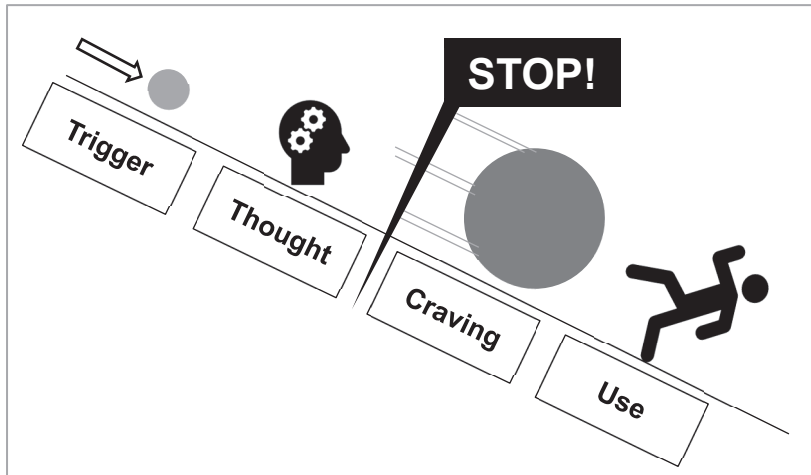
3) Thoughts lead to cravings and then use 📄

Triggers, thoughts, cravings, and use seem to run together. However, the usual sequence goes like this:

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

Often the thought of substance use passes through your head by 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're to relapse.

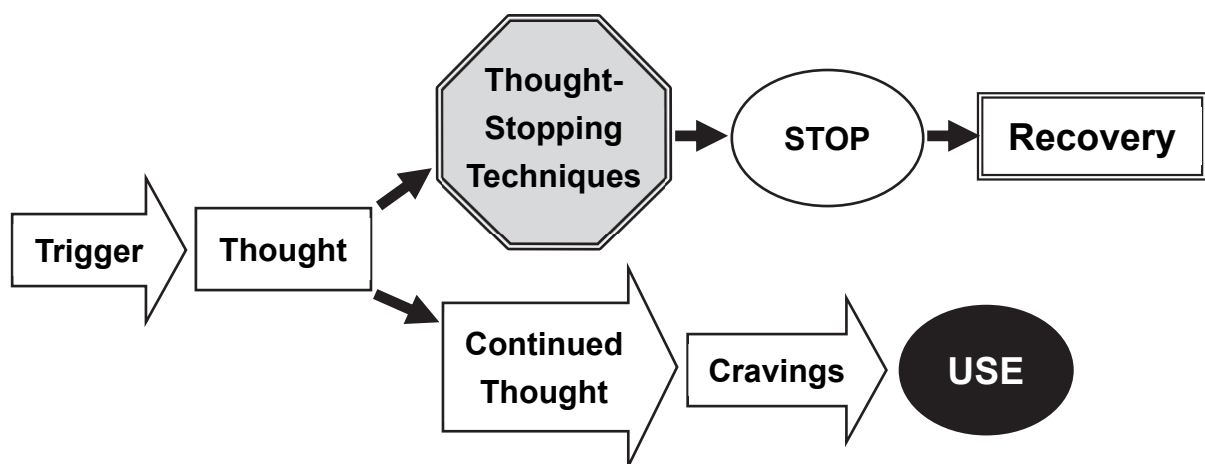


4) Stopping thought about substance use

The only way to ensure that thought won't lead to relapse is to stop the thought before it leads to craving. Stopping the thought when it first begins prevents it from building into an overpowering craving. It is important to do it as soon as you realize you're 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 the thought-stopping techniques in 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 thoughts of use. For example, picture a switch or a lever in your mind. Imagine yourself moving it from ON to OFF to stop the using thoughts. Have another picture ready to think about in place of those thoughts.



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





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


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 at most for 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

MEMO:

A large rectangular box with a double-line border, containing horizontal dashed lines for writing.




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 the choices under your control. For example, going to a club or a bar can be one of the external triggers to use. You can reduce the chance of using substances 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 those, you can control and reduce the chances of using substances. Also, identifying and staying in close to people, places, objects or situations that are safe is a way to avoid external triggers.



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

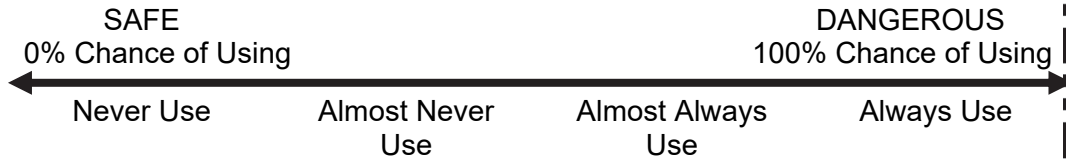
 *What do you feel are “safe” people, places, objects or situations that NEVER led you to use?*

 **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.



People				

Places				

Objects				

Situations				

These situations are **“safe.”**

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

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

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

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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 think about using substances. 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 your internal triggers, you can identify particularly safe and unsafe emotional states. You can then 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 at low risk, but caution is needed.	These emotions are at 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 can't be able to avoid having certain emotions. However, to prevent a relapse, you must have skills to cope with troublesome emotions that act as your internal triggers. Some of the thought-stopping techniques that you previously learned may be useful. But, 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 on how you controlled the internal triggers.



Understanding safe and unsafe emotional states of yours 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 down all 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.	✓ ✓ ✓

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

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CBT Session 7.

Date(s):

____ / ____ / ____

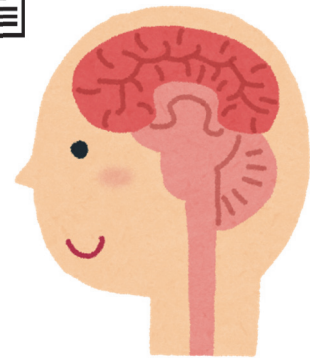
____ / ____ / ____


Road Map for Recovery

-  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 not a mysterious process. After the use of substances is stopped, the brain goes through a 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 beginning stages of recovery to understand why they may experience some 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 durations of each stage are a rough guide of recovery, not a schedule. The length of stages will vary from person to person. The substance used will affect the patient’s progress through the stages, too. Patients who had been using methamphetamine will tend to spend more time in each stage than those who were using cocaine or other stimulants.

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

During the first days after substance use is stopped, some people experience difficult symptoms. The extent of the symptoms often is related to the amount, frequency, and type of their 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 don't experience the same degree of physical symptoms as do people who use alcohol, the psychological symptoms of craving and depression can be quite severe. Patients may have trouble coping with stress and may be irritable.

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

For people who used stimulants, this 4-week period is called the Honeymoon. Most people feel quite good during this period and often feel "cured." As a result, patients may want to drop out of treatment during the Honeymoon period.



Early abstinence should be used as an opportunity to establish a good foundation for recovery. If patients can direct the 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 – 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 the feelings during this period are the result of changes in brain chemistry. If patients remain abstinent, the feelings will pass. The most common symptoms are depression, irritability, difficulty concentrating, low energy, and a general lack of enthusiasm.




Patients also may experience strong cravings during protracted abstinence. Relapse risk goes up during this period. Patients must stay focused on remaining abstinent one day at a time. Exercise helps tremendously during this period. For most patients, completing this phase in recovery is a major achievement.

d) **Readjustment:** following 2 months


After 5 months, the brain has recovered substantially. Now, the patient's main task is developing a life that has fulfilling activities that support continued recovery. Although a difficult part of recovery is over, hard work is needed to improve the quality of life. Because cravings occur less often and feel less intense, patients may be less aware of relapse risk and put themselves in high-risk situations and increase 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 goes through a biological readjustment in 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 cope with their alcoholism through psychiatry or medicine. They found several specific principles that helped people overcome their alcohol dependence. They formed AA to introduce people who were dependent on alcohol to these self-help principles. The AA's self-help concepts have been adapted to stimulants and other drug addictions (for example, Narcotics Anonymous [NA]) and to 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, where 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 going to work for you, it is essential to establish a network of support. Thus, you need to continue to attend Self-Help Group meetings available in your community. The more you participate in treatment and the 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 very personal and individual. Each person decides for himself or herself what the term “higher power” means. 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 it 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?

MEMO:


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 some short sayings that help people in their day-to-day efforts at staying sober. These concepts are often useful tools in learning how to establish sobriety. Those sayings also became part of other 12-Steps programs.

One day at a time: This is a key concept in staying abstinent. Don't obsess about staying abstinent forever. Just focus on today.

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



Keep it simple: Learning to stay abstinent can get complicated and seem overwhelming if you let it. There are some simple concepts involved. Don't 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 the meetings. It takes a while to feel completely comfortable. Try different meetings, try to meet people, and read the 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 the 12-Step programs. It is a shorthand way of reminding people in recovery that they are especially vulnerable to relapse when they are too hungry, angry, lonely, or tired.


Hungry: When people are using substances, they often ignore their nutritional needs. People in recovery need to relearn the importance of eating regularly. Being hungry 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 doesn’t associate the feelings with hunger. Eating regularly increases emotional stability.


Angry: This emotional state is probably the most common cause of relapse to substance use. Learning to cope with anger healthily is difficult for many people. It is not healthy to act in anger without thinking about the consequences. Nor is it healthy to hold anger in and try to pretend it doesn’t exist. Talking about anger-producing situations and how to handle them is an important part of recovery.


HALT

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

Tired: Sleep disorders are often a part of early recovery. Being tired is often a trigger for relapse. Feeling exhausted and low on energy leaves people vulnerable and unable to function healthily.

 *Has 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

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

- 1) **Friends and associates who use substances:**
You want to continue associations with old friends or friends who use substances.
- 2) **Anger, irritability:**
Small events can create feelings of anger that seem to preoccupy your thoughts and can lead to relapse.
- 3) **Substances in the home:**
You've 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 can be difficult.



2) Suggested approaches to cope with the five common challenges

Some of the suggested approaches to the 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.

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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 behavior affect your substance use and recovery process.

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



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

Substances can change your emotions by changing the way your brain works. During recovery, emotions are often still mixed up. Sometimes you feel irritated for no reason or great even though nothing wonderful has happened. You can't 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 emotion, from a thought, or a combination of both. Repeated use of a substance changes your thoughts and pushes your emotions toward substance use. This powerful, automatic process has to be brought back under control for recovery to occur.



2) Thoughts and emotions that lead to substance use

The goal in 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 thoughts and emotions, to be able to observe and analyze them.

You can look for patterns in your thoughts and emotions. You also can pay attention to how your thoughts and feelings are expressed in body language, physical changes, and behavior. Attuned to your thoughts and feelings, you're 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

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

Sometimes these addictive behaviors occur only when people are using or moving toward using substances. You need to recognize when you begin to engage in these behaviors. That's when 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?

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

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CBT Session 12.

Date(s):

____ / ____ / ____

____ / ____ / ____

Alcohol

- 🎯 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're 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 alcohol. However, it is necessary to abstain from alcohol to allow the brain to heal and that 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 show 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 don't use these substances. You can reduce your chances of relapsing greatly by maintaining total abstinence.
- ✓ Places and people associated with drinking often are the very places and people that are triggers for substance use.
- ✓ When you're learning to handle problems without taking stimulants, using another drug or alcohol to numb the uncomfortable learning process is harmful for two reasons. First, such use prevents you from directly confronting your stimulant use problem. Second, it puts you at risk of becoming dependent on alcohol or another substance while you try to overcome your dependence on stimulants.



Remember, if it's more difficult to stop drinking than you expected, maybe you're 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 are drinking have difficulty in judging the disadvantages of drinking and the benefits of quitting. Drinking lessens 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 jeopardize the recovery of drug dependents.

People who are accustomed to consuming alcohol in social or sexual situations may find that, for a time, 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 are trying to stop using alcohol face a difficult struggle. External triggers are everywhere. Consumption of alcohol is assumed to be the norm, especially at social functions and celebrations. It is hard 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 being happy, popular, and successful. People encounter colleagues, friends, and family members with whom they used to drink and pass by bars or liquor stores that they used to frequent.



Internal triggers also pose problems. Depression, anxiety, and loneliness are all characteristics of recovery. These emotional states also 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 it’s not true. It the alcohol that is responsible for their depression or 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.

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CBT Session 13.


Boredom

Date(s):

____ / ____ / ____

____ / ____ / ____

 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're bored, you would use substances. Unless you take some action, the boredom and the relapse risk will not dissipate. To have a successful recovery, you need to take action to combat the problem of boredom.





2) Why people in recovery have the problem of boredom

When contrasted with the emotional highs and lows of substance use, an abstinent life can be boring. Often people who stop using drugs say life feels boring. Some reasons for this feeling include the following:

- ✓ 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 (high to low and back to high). Normal emotions can feel flat by comparison.

People may feel listless or bored when the brain heals to adjust it to the lack of substances. The period from 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 will become 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 float along. Before you know it, you can drift from abstinence into relapse. The most important thing is to take an active role in your recovery to cope with boredom.

There are several ways you can reduce feelings of boredom. For example, scheduling every hour of every day helps you identify unplanned sections of time that can be used to explore interesting activities. Starting new hobbies or picking up interests that were abandoned while you were using substances is a good way to defeat boredom.

It also may help you to discuss your feelings of boredom with your partner, loved one, or trusted friends. Starting new friendships with substance-free people at 12-Step or self-help groups also can help alleviate your boredom.

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

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





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.

Avoiding Relapse Drift

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 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.

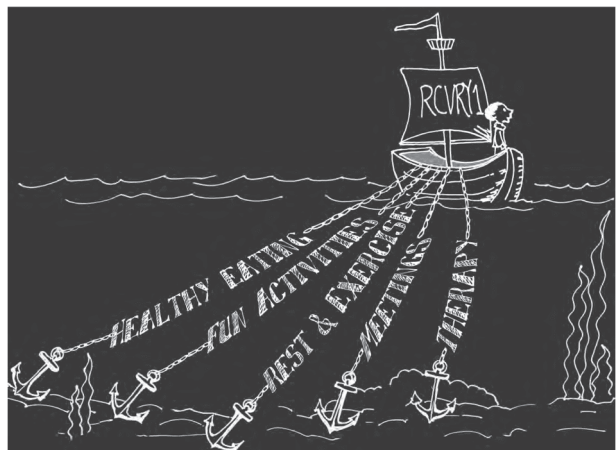
1) How relapse happens 📄

Relapse doesn't happen without warning, and it doesn't happen quickly. Because the gradual movement from abstinence to relapse can be subtle, people can often deny responsibility for it. So, a relapse often feels as if it happens suddenly.

This slow movement away from abstinence can be compared to a ship gradually drifting away from where it was moored. The drifting movement can be so slow that you don't 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're doing to keep yourself abstinent and list these mooring lines in a specific way, so 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, don’t 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 you've identified the mooring lines, you need to check every night before going to bed to make sure 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 make sure you're continuing to stay anchored in 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.

Lapse and Relapse

Date(s):

____ / ____ / ____

____ / ____ / ____

-  Understand the definitions of lapse and relapse.
 -  Understand the Abstinence Violation Syndrome (AVS) and how it can affect recovery negatively.
 -  Understand the way and benefits to mark the relapse risk 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 be abstinent and it is usually a one-time occurrence. Whereas, a relapse is a complete return to a 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 goes according to plan, they are fine. But if they make even one small misstep, they can feel that they have fallen off the recovery path. This pattern of thinking is called **Abstinence Violation Syndrome (AVS)**, and it is dangerous. By this strict logic, even a small slip-up is the equivalent of using substances again. The following story shows 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 doesn’t mean that all are 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's useful to know where you're in the recovery process at all times. Marking the relapse risk status on the Schedule Book helps you in several ways:

- ✓ It's 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 that you mark the status honestly. Remember that 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 a lot of "At Risk" marks on it. Also, you can take some measures to prevent your slip-up 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 doesn't 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're 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. But, certain employment situations can make treatment and recovery more difficult. Some difficult situations are outlined below.

Employed in a demanding job that makes treatment difficult: You'll continue to attend aftercare programs after completing the treatment program. However, your treatment under the aftercare programs won't work unless you give them 100 percent of your effort. People in recovery need to find a way to balance work with treatment so they can give recovery their full effort. Some jobs require long or unusual hours. Often the very nature of the work schedule has contributed to the substance use problem. The first task, if you have such a job, is to adjust your schedule to accommodate treatment. Recovery needs to be the priority while you're in treatment.



Working in an unsatisfactory job; thinking of making a change: During recovery, major changes (in jobs, in relationships, etc.) should be delayed for 6 months to 1 year whenever possible. Reasons for this include the following:

- ✓ People in recovery go through big changes. Sometimes they change their views on personal situations.
- ✓ Any change is stressful. Major stress 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:

- ✓ Situations where it is necessary to be with other people who are drinking or using 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 out of work, treatment becomes more difficult for the following reasons:

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

If you're out of work and in treatment, remember that recovery still needs to be your priority. Make sure to strive to balance job-seeking activities and treatment.

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 effecting 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 taken into consideration.

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CBT Session 17.

Guilt and Shame

Date(s):





____ / ____ / ____

____ / ____ / ____

-  Understand how feelings of guilt and shame affect the recovery of patients.
-  Understand that being dependent on substance doesn't mean you're 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've 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're bad

Recovery is always a hard process. No one knows why some people can stop using substances once they enter treatment and other people struggle to maintain abstinence. Research shows that family histories, genes, and individual physical differences in people play a role. Being dependent on substances doesn't mean you're bad, stupid, or weak.

What we do know is that you can't 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 can erode people's self-esteem and self-confidence. Focusing on negative feelings can cause them to turn to substance use to change their mood or to escape. You need to remember that substance abuse is not related to your being bad or weak.


Feeling guilty can be a healthy reaction. It often means you've done something that doesn't agree with your values and morals. It is not unusual for people to do things they feel guilty about. You can't change the past. It is important to make peace with yourself. Sometimes that means making amends for things you've 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 doesn't mean you're 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 relapses begin in the head of a person who has nothing to do and nowhere to go. The addicted brain begins to think about the past using, and the thoughts can start the craving process.

Finding new activities and new ways to make yourself busy and replace the sense of loss is a major component of your recovery. To support this process, scheduling activities to structure your recovery is important.

It is particularly important for you to write down your schedules. Schedules that exist only in your head are too easy to revise or forget. When you're making your schedules, special attention should be paid to weekends and other times you feel you're 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 people they used to meet are left behind. Beginning to reconnect or to build a life around substance-free activities and people is critical to a successful recovery. Some people may pick up old hobbies or activities; others start new activities and make new friends who don’t 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.

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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 to attend the treatment program, you'll 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'll 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 of the people quoted is most likely to be successful in recovery? You may think that people who want to stop using and seek treatment on their own are more likely to do well in treatment. However, that may not be true. Research shows that the reasons people stop using don't predict whether they will be able to lead substance-free lives.

2) What motivates you to stay abstinent is important

It doesn't matter what brings you into treatment in the first place. What is important is what motivates you to stay abstinent. Although staying abstinent is a lifelong goal, you can achieve it only hour by hour and day by day. 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 does make a difference is whether you can stay substance-free long enough to appreciate the benefits of a different lifestyle. Your desire to continuously see those benefits become a powerful motivator to stay 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.



On occasions, your motivation to stay abstinent may be lowered even when you give your effort to recovery. Especially when you look back on your days with substance use and feel the current drug-free life 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 why you want to stay in recovery and what will be the benefits of staying abstinent. You can also think about goals in your life beyond the recovery. Stay abstinent long enough to see benefits. That will motivate you further 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 hard to meet the demands of daily living (relationships, families, jobs) while regularly using substances. As you become more dependent on the substance, the activities that are necessary to obtain and use the substance take up more of your life.

For people who are substance dependent, it becomes more and more difficult to keep your life on track and to handle problems arising from their substance use. They often find themselves doing and saying whatever is necessary to avoid problems. Thus, telling the truth becomes less important to 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 critically important. Sometimes being truthful is very difficult for the following reasons:

- ✓ You may not seem to be a nice person by telling true stories about you.
- ✓ Your counselor or group members may be unhappy with your true stories.
- ✓ You may be embarrassed by telling true stories about you.
- ✓ 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. Also, remember that 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 the use of alcohol and answers to the arguments.

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

=> Part of stopping *Shabu* use is stopping all substance use, including alcohol use.

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

=> Drinking over time greatly increases the risk of relapse. A single drink doesn't necessarily cause relapse any more than a single cigarette causes lung cancer.

However, with continued drinking, the risks of relapse greatly increase.



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 substances.


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


=> If you're not an alcoholic, you should have no problem stopping alcohol use. If you can't 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 a decision 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 in recovery 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: a drink after work with friends and a beer before sleep. Alcohol also is integral to celebrations such as birthday parties and weddings. For some people, alcohol seems to be an unavoidable part of these activities. They can’t conceive of enjoying certain activities without drinking. Not drinking may mean to be left out of the fun or less cool.

It is important to know how to prepare for those feelings. Think about ways of celebrating that don’t involve alcohol. If you know that being around others who are drinking will make you feel left out, you should avoid such situations until your recovery is well 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 for situations involving alcohol.

MEMO:

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CBT Session 22.

Sex and Recovery

Date(s):

____ / ____ / ____

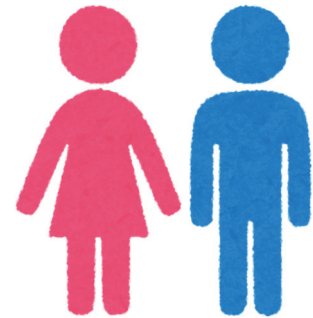
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- 🎯 Understand the distinctions between intimate sex and impulsive sex.
 - 🎯 Understand that impulsive sex can be a form of dependence and can lead to relapse.
 - 🎯 Understand the importance of intimacy and stable relationship in recovery.
-
-

1) Intimate and impulsive sex

Intimate sex is distinguished from impulsive sex. The difference between the two depends on the relationship with the sexual partner.

Intimate sex: Intimate sex involves a significant other. Sex is a part of the relationship. Sometimes the sexual feelings are warm and mellow. Sometimes they are wild and passionate. But they result from and add to the feelings each partner has for the other.



Impulsive sex: In this definition of impulsive sex, the partner is usually irrelevant; the person is a vehicle for the high. Impulsive sex can take the form of excessive masturbation. Impulsive sex can be used and abused in the same way drugs are used and abused. It is possible to become addicted to impulsive sex.


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

For some people, impulsive sex was linked with substance use before they came into treatment. They usually would have sex when they were using substances. Other people may turn to impulsive sex to achieve a kind of high after they have stopped using substances. In both cases, impulsive sex is a trigger for substance use and can lead to relapse. People even can become dependent on impulsive sex just as they were dependent on substances.


3) How intimacy and stable relationships can support recovery

Many components of a stable relationship also are important to a successful recovery. People who have relationships with someone supportive, honest, and trustworthy should find it easier


to participate fully in recovery activities. They can also support others in group sessions and be truthful about their lives. A stable relationship that includes intimate sex can help 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):

____ / ____ / ____

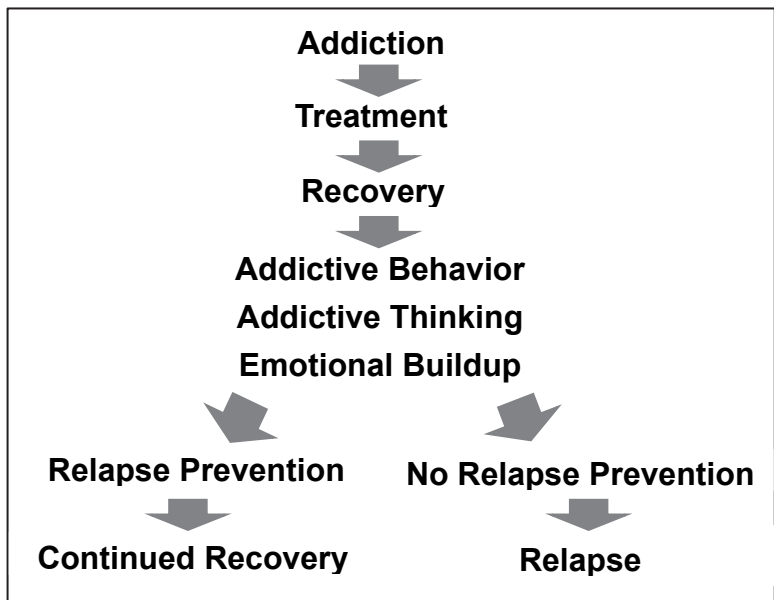
____ / ____ / ____

- 🎯 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 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 recovery stop the process before they start using substances again.



2) Addictive behaviors as warning signs of relapse

The things people do as part of abusing substances are called **addictive behaviors**. Often these are things that addicted people do to get substances, to cover up substance abuse, or as part of abusing. 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 don't 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 means having thoughts or excuses that make substance use seem OK. In 12-Step programs, this is known as “stinking thinking.” The addictive thinking also poses warning signs 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 don't seem to go away and keep getting stronger cause “**emotional buildup.**” Sometimes the feelings seem unbearable. Some feelings that can build are boredom, anxiety, sexual frustration, irritability, and depression. Those feelings often can serve as triggers in the relapse process. The 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 you recognize a danger sign of a relapse, you need to take action to prevent it. It is important to understand the practicable actions that you can take when you face such a situation. Here are some of the actions that 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 necessity to spend time and efforts to restore lost trust for your recovery.

1) Substance abuse damages trusting relationships

People who are substance dependent find it difficult to have open, honest relationships. Things that they do and say to other people destroy trust and damage relationships. Then, substance abuse becomes as important as or 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're 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, the trust doesn't return right away. To trust means to feel certain that you can rely on someone. People can't be certain just 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 the trust to return sooner, but it takes time for 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 process of recovery often say:

- ✓ *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 a substance, chemical processes are at work in their bodies that cause cravings. The physical processes that people set in motion when they became dependent on substance are stronger than their willpower.

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

No matter how strong your desire to remain abstinent, your will to be abstinent is not enough 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 the relapse prevention skills that you've previously learned.

The key to not using substances is to keep far away from situations in which you might use. If you're in an environment where substances might appear (for example, at a club or party) or with friends who are using, your chances of using are much greater than if you weren't in that situation. Smart people stay abstinent by avoiding triggers and relapse situations.



*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 in your toolboxes as possible.

- ✓ 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
- ✓ 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 place in the 12-Step Program. Some may feel that spirituality equates with belief in the Christian God. Some may feel that it is a sign of weakness to look for help outside themselves. Some may feel that their struggle with substance abuse is physical and can't be aided by appealing to God. Spirituality is not the same as organized religion and doesn't 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 with spiritual aspects. During recovery, people should examine the quality of their spiritual lives. It is important to understand what spirituality means to you and how it affects your lives. Including spirituality as an aspect of recovery is not a sign of weakness. People's spirituality should be seen as a source of strength and peace that supplants 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 spirituality means 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

People who are substance dependent spend much of their time and energy preparing to use substances and recovering from using. They narrow their world until most activities other than substance use are excluded. They end up neglecting the 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. To start with, 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 are dependent on substances, the 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 at your hand that triggers you to buy substances also helps you 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 at your hand that triggers you to buy drugs?



Will you change the way to manage money at 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.

Relapse Justification (1)

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 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 don't happen completely by accident. Relapse justification is a process that happens in people's minds before relapse events. You may have decided to stop using, but your brain is still healing and still feels the need for the substances.

The addicted brain invents excuses that allow you to edge close enough to relapse situations that accidents can happen. You may remember a time when you intended to stay substance-free, but you invented a justification for using. Then, before you knew it, you had used again.

2) Specific justifications people in recovery are susceptible 📄

Identifying and anticipating the relapse justifications will help you 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's ruined all of 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.

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

Relapse justifications are hard to avoid. It is, therefore, important to know the justifications that you used in the past and find safer responses to those dangerous situations. You should plan what you'll say if, for example, friends you formerly used with call to invite you out. Having a plan allows you to avoid hesitating to decline such an invitation. 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

People who are substance dependent often don't take care of themselves. They don't have the time or energy to pay attention to health and grooming. Health and personal appearance become less important than substance use. Not caring for oneself is a major factor in losing self-esteem.

People in recovery need to recognize their value. In recovery, your 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 person who is healthy, abstinent, and recovering:


- ✓ 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 is easier to make sweeping lifestyle changes all at once. However, if addressing all these health and grooming issues at once is too overwhelming, work on one or two items each week. Decide which are the most important and do those first. As you look and feel better, you'll increase both the strength and the 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, almost as if the emotion causes substance use. It seems to people in recovery that if they could avoid ever feeling those emotions (for example, loneliness, anger, feeling deprived), they would never relapse. These emotional triggers should 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-using lifestyle. At the same time, friends and family members who don’t use are often not ready to risk getting back into a relationship that didn’t work earlier. People in recovery are thus stranded between groups of friends. As a result, the feeling of loneliness can drive them back toward using substances.


Anger: People in the early stages of recovery get easily irritated and angry, and those feelings often act as instant triggers for substance use. Once a person uses substances, it is more difficult to regain a rational state of mind.

Feeling deprived: Sometime, people in recovery feel as if they have to give up good times and good things. Recovery seems like a jail sentence, something to be endured. 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.



It is important to be aware of these red flag emotions. 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 during the recovery process is learning 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 your emotions so that your actions are not always dictated by your feelings.

Many people find that writing about their feelings is a good way to recognize and understand their emotions. You don't need to be a good writer to use this tool. People who don't like to write and who have never written much in the past still can learn valuable things




Cognitive Behavioral Therapy (CBT)

about themselves by putting their feelings into words. Follow the simple instructions, and try a new way of getting to know yourself:


- ✓ Find a private, comfortable, quiet place and a time just for writing. Try to write each day, even if you can write only 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 also can help you avoid the emotional buildup that 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: _____

MEMO:


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 relapse justification. When you're sick, you make a lot of exceptions to your routine. You stay home from work; you sleep more than usual; 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 OK to take a break from their regular behaviors. You need to be careful that, while you're taking a break from other routines, you don't allow sickness to be an excuse for using substances.



2) Relapse risks during illness

When you're sick, you're physically weaker. You also may have the less mental energy to maintain your recovery. In addition to lacking the energy to fight your substance dependence, you may face the following relapse risks when you're 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 can't always prevent yourself from getting sick, you can do things to minimize your chances of getting sick. The following behaviors help support your recovery in general and help keep you healthy:

- ✓ Exercise regularly (even when you feel as if you're getting sick, light exercise can be good for you).
- ✓ 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

Because you may be more likely to relapse when you're sick, you should be alert for the signs of illness. Soreness, tiredness, headaches, congestion, or a scratchy throat can signal the onset of illness. Even something like premenstrual syndrome (PMS) can weaken you physically and make relapse more likely.

If you do get sick, try to keep the negative effects of illness from interfering with your recovery by getting well as quickly as possible. Get proper rest and medical attention so that you can return to your regular recovery routine as soon as possible. You'll 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.

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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 continue for a long time. Sometimes you may not be aware of this emotional state until the stress produces physical symptoms. However, you need to recognize the signs of stress and minimize the effects that it has on your lives. Stress makes it harder for you to remain abstinent and focused 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 on the alert for 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 some changes in your life to reduce the level of stress. Becoming more aware of stress is the first step to reducing it. You may have been accustomed to turning to substance use in times of stress. Learning new ways to cope with stress is part of the recovery process.

Many of the practices that you've already explored help you reduce stress. Exercise is an excellent way to manage stress. Talking with 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.

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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 for you to recognize signs of stress. It is important for you to be alert to signs of stress so that you can prevent a buildup of stressors that will put your recovery in jeopardy.

2) Identifying sources of stress

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

It may help you to have general strategies that you can apply to minimize stress in your lives. **Moderation** and **management** are techniques commonly used.

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. _____

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CBT Session 34.

Managing Anger

Date(s):

____ / ____ / ____

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- 🎯 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 positively.
-
-

1) How anger can lead to relapse 📄

For many people, substance use is a way to cope with feelings that are uncomfortable. When faced with a troubling emotion, such as anger, people 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, but it is not true. Anger is caused by how one thinks about them. If people look for someone to blame when they feel angry, they can end up feeling victimized. This can lead to a downward spiral; the more they focus on being victimized, the angrier they get. Often a sense of victimization accompanies the anger. It 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")?



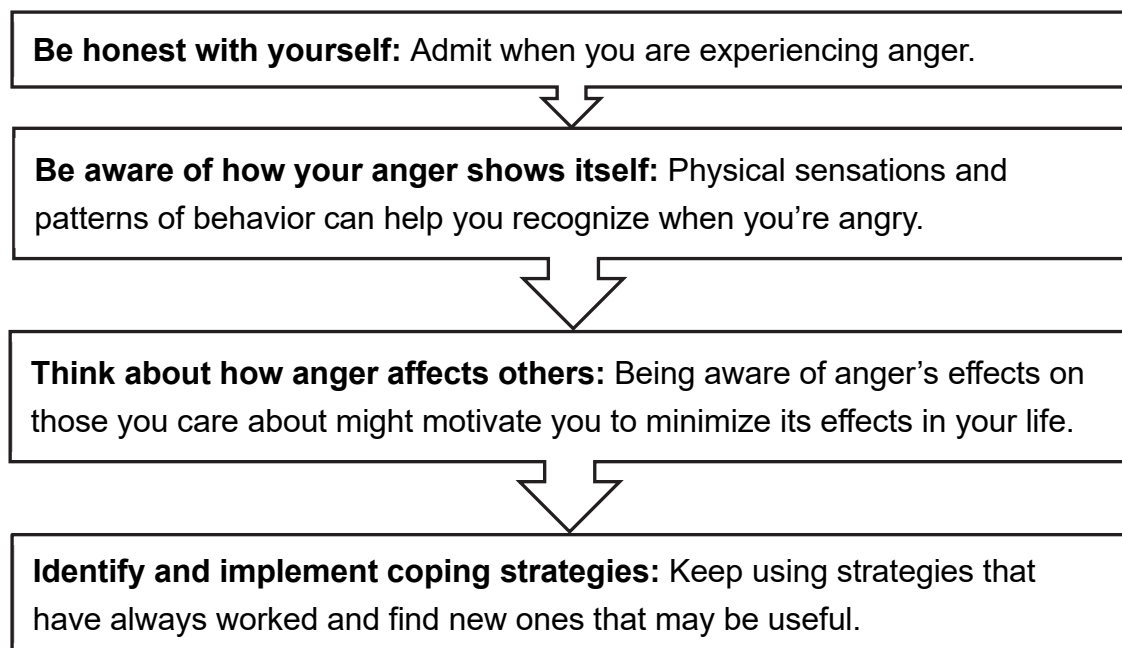
How do you express anger? Do you hold it in and eventually explode? Do you become sarcastic and demonstrate your negative feelings in a discreet or passive manner?





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 you're angry with.
- 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.

<u>New strategies to cope with anger</u>	<u>Benefits</u>

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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. But it doesn’t help people who are already substance dependent. Overcoming substance dependence requires that they recognize its power and accept personal limitations. Entering treatment is the first act of acceptance, but it can’t be 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 to get 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 like diabetes or heart diseases, and it requires life-long treatment. Does getting treatment for diabetes or a heart condition mean you're a weak-willed person?

There is a paradox in the recovery process. People who accept the reality of substance dependence to the greatest degree benefit the most in 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 they are stronger than the 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”).



Because acceptance can be an ongoing problem throughout recovery, you need sources of strength you can draw on to help you stay abstinent. The fellow members of self-help or spiritually oriented programs can be strong support during recovery. You should find a meeting group you’re comfortable with and attend it regularly. Friends and loved ones also can provide needed 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.**
-

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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're 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 people whose lives are balanced and fulfilling has a

positive effect on you. Perhaps the most important role friends can play for you in recovery is to be a resource for support and strength. You can also rely on friends for fun activities that are an important part of 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 had friendships that were based primarily on substance use. Their social skills for making new friends might be rusty. People who are reluctant to seek out new friendships will gain confidence and self-assurance as their recovery progresses.

It should be noted that friendship is a two-way street. In addition to looking for 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're 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 a 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 can't take care of themselves and certainly can't take care of others.

As part of your recovery, you should think about who you've hurt. You should also think about whether you need to do anything to repair the relationships that are most important to you. In 12-Step programs (refer to "CBT Session 7. Self-Help Group Meeting"), this process is called "**making amends.**"



 *What are some of the past behaviors that 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 doesn't have to be complicated. Acknowledging the hurt you caused while you were using substances will probably help reduce conflict in your relationships. Not everyone will be ready to forgive you, but an important part of this process is beginning to forgive yourself. Another aspect of repairing relationships involves your forgiving others for things that they did when you were 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 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.

Serenity Prayer

Date(s):

____ / ____ / ____


____ / ____ / ____

-  Understand the importance of distinguishing between things that can be changed and those that can't.
-  Understand what 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 can't

Making distinctions between what can be changed and what can't is a critical skill for people in recovery. If you can't make these distinctions, you'll experience frustration, anger, and increased the stress that makes you more vulnerable to relapse.

Staying abstinent and progressing in recovery need your full attention; you don't have time or energy for worrying about things that you can't 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 can't?

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 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 the serenity that is beneficial to recovery can be achieved through other means, such as meditation or journal writing.

People who are not religious or don't believe in God can benefit still from the principles in the Serenity Prayer. They can think of the 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 can’t change but also the commitment to work on those things that you can change.

The important aspects of your lives are things that will support you in recovery. Relationships with friends and family can be a powerful source of strength during recovery. Often, relationships can be improved and are worth repairing. There are other areas of your lives that are both important to recovery and capable of being changed.



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 can't.

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.

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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 people take in response to impulses that they can't resist. As people use substances and become more dependent on them, what started as a casual practice progresses to compulsive use.

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




It is important to eliminate compulsive behaviors from your lives. As long as some part of your life is out of control, it is easy for you to slip back into the 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: _____ |
| | _____ |

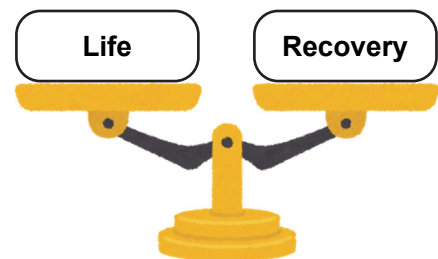
 *Share and discuss your answers.*

 *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 the goal of eliminating compulsive behaviors from their lives. Some people find that it is easier to make sweeping changes all at once. Other people need to make changes gradually, 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 keep 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 or deny them, those emotions build up inside you and cause problems. So, it is important that you're honest with yourself even when you experience negative or painful emotions.



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

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

Appropriately expressing your emotions: It is important to find an appropriate way to express emotions. You need to learn in which situations it is appropriate to express feelings

directly. You also can change your way of thinking and modify your feelings. For example, instead of saying, “I am so angry because she doesn’t 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 drug use and depression are related, it is not always clear how the two interact. Most people in recovery report having problems with depression from time to time.

Depression can be a particular problem for people who have been using *Shabu*. It makes people feel “high” by flooding the brain with chemicals called neurotransmitters that regulate feelings of pleasure. During recovery, there are periods when the brain doesn’t supply enough of those neurotransmitters. The undersupply of neurotransmitters causes a temporary feeling of depression. But this is different from being clinically depressed.




2) Signs of depression 📄


For some people, depression left untreated can result in relapse. So, you should be aware of signs of depression and be prepared to cope with your feelings. There are some symptoms that might indicate depression 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 can't 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 to someone 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 for you to reach out to supportive friends and family if you're feeling depressed. The following activities may be good 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 don't help reduce your depression, you're suspected of having 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 some 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.**
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CBT Session 42.

Relapse Justification (2)

Date(s):

____ / ____ / ____

____ / ____ / ____

 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 don’t happen completely by accident. Relapse justification is a process that happens in people’s minds before relapse events. A person may have decided to stop using, but the person’s brain is still healing and still feels the need for the substances. The addicted brain invents excuses that allow the person in recovery to edge close enough to relapse situations that accidents can happen.

2) Relapse justifications associated with the overconfidence

Personal strength is necessary to stop taking drugs and to remain abstinent, but people can’t 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 substance use and not using.

In addition to those you learned before, examples of relapse justifications are provided below. These justifications are associated with the overconfidence of people about their strength.



Substance dependence is cured:

- ✓ I’m back in control. I’ll be able to stop when I want to.
- ✓ I’ve learned my lesson. I’ll only use small amounts and only once in a while.
- ✓ Marijuana was not my problem—*Shabu* was. So, I can use this and not relapse to using *Shabu*.

Cognitive Behavioral Therapy (CBT)

Testing yourself:

- ✓ I'm strong enough to be around substances now.
- ✓ I want to see whether I can say "No" to using substances.
- ✓ 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'm feeling really good. One time of use won't hurt.
- ✓ I'm on vacation. I'll go back to not using when I get home.
- ✓ I'm 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 measurement in recovery is abstinence and not being strong. Sticking to being smart for abstinence helps the recovery.


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






What will you do if you're confident in your control over substance use and confront with excuses to use it? Please write relapse justifications that you're vulnerable to and the responses that will help you avoid relapse.

Relapse justifications (associated with your overconfidence)


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

 Celebrations are usual public events, and drinking or substance use is often expected. How do you plan to handle those circumstances?

 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 their past to build their self-confidence. Once they are in recovery, they are often overwhelmed by the process of clearing up problems from the past and unable to face the present or the future optimistically.

Beating yourself up about the past makes you less able to handle the present. You allow the past to make your 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’ll fail. I always do.”

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



A relapse usually doesn’t occur because of experiencing one difficult day or one troubling situation. Any given day or any single event usually is manageable. Things become unmanageable when the person in recovery allows events from the past to contaminate 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'll never be able to make it."

You can plan ahead and be prepared, but you can do little else about the unknown future. You can address only what is happening right now, today.

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



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



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 the negative thoughts that come up when you're overwhelmed by the past or the fearful thoughts of the future. The thought-stopping techniques you've learned can help you remove these negative thoughts. Exercise, meditation, and journal writing also help you focus your mind and control your thoughts. Talking with a friend who can remind you of your successes is a good way to keep yourself focused on today and reject fearful thoughts of 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 put some interesting activities in your life. For many people in recovery, substance use was the main thing they did to relax and have a good time. Now that you're abstinent and in recovery, it is important to find fun things to do that can take the place of substance use. You might try returning to old activities you used to enjoy before you started using substances.

New activities and hobbies are an excellent way to support your recovery while you meet new people. You might take a Zumba class, learn a new skill, try your hand at making art, take up a new sport, do volunteer work, or try out other new interests. Ask your friends about the hobbies that they enjoy. Check the newspaper 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

It is important to remember that not all new activities will be fun right away. It may take a while before you can enjoy a new activity or become proficient at a new skill. Old activities that you enjoyed may not feel the same now that you're abstinent and in recovery. Regardless of how new or old activities feel, you need to make them part of your life.

You also need to have your family members understand the significance of your engagement in such activities to stay abstinent. Supportive friends may also help you to continue 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 those?



Share and discuss your answers.



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

CBT Session 45.

Looking Forward; Managing Downtime

Date(s):

____ / ____ / ____

____ / ____ / ____

- 🎯 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 📄

The activities and routines of recovery can seem stifling. The emotional flatness you experience during recovery may be explained by the following:

- ✓ Many people feel particularly bored and tired 2 to 4 months into recovery (during the period known as the “Wall”).
- ✓ The recovery process that the body is going through 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’re very vulnerable to relapse. It is difficult to resist triggers and relapse justifications when your energy level is so 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 put a sense of anticipation and excitement into your life. You don't need to plan something extravagant. They can be things like:

- ✓ 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 little rewards often enough so that you don't get too stressed, tired, or bored in between them.



List things that you used as rewards to yourself.



List enjoyable things to look forward to that you'll plan?



Share and discuss your answers.

3) Handling downtime

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

The more tired and beaten down you become, the less energy you'll have for staying smart and committed to recovery. If you feel stressed, impatient, angry, or closed off emotionally, you need 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 rejuvenate you.



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

Holiday seasons and the celebrations that come with them are difficult for people in recovery. Holidays come with increased stressors, such as hectic schedules, travel, and increased spending. Also, many people experience intense emotional swings during the holidays – either joyous or depressed. In this environment, 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

As a holiday nears, you need to be aware of the added risks and make plans that will help you avoid triggers. If you've gotten away from the practice of scheduling your time, you should restart the practice as a holiday approaches. If you know you'll be out of town, you should make arrangements to keep up the activities that prevent you from relapsing. This may mean scheduling phone calls with your supporter, being sure you can get some exercise, or setting aside some 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.

Recovery Status Review

Date(s):

____ / ____ / ____

____ / ____ / ____

 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'll need to have the support of your family and friends. You'll also make daily decisions that influence your recovery. So, you need to monitor how you're doing in the various aspects of recovery.



2) Review items for successful relapse prevention

Successful relapse prevention requires regular, frequent reviews of the 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 check-mark 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 the 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 need to continue to review the status of your relapse prevention activities in addition to the recovery status that you've learned previously. The following things are all that you've already learned as relapse prevention skills. You'll need to do these regularly for 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 a relapse at some point. If it happens to you, the critical issue is whether you continue the recovery process following the relapse.


A relapse episode doesn't begin when you use substances. Often, things that happen before you use substances indicate the beginning of a relapse. Identifying your patterns of behavior will help you recognize and interrupt the relapse. Using the Relapse Analysis Chart (in the



exercise below), you can note events that occurred during the week immediately before the 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, fill 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 continuing treatment goals of yours.

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 for reaching 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'll leave the treatment program soon. However, recovery is a lifelong process. You'll still need a lot of support in different kinds. You can use the information below to help you decide how best to support your recovery.

Aftercare program: You need to participate in aftercare programs for at least 18 months. It provides an opportunity to address important issues and problems associated with abstinence

and recovery. Aftercare programs provide a safe environment for continued support until it is no longer needed.


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

Self-help group meetings: Attendance at a self-help group meeting is a critical part of the recovery process. It is essential to find a meeting that you'll 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 on each area of your life for the first one 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: _____

MEMO:

Name: _____

Date of Registration: _____