

Customized
Change
Process

Problem Substance Use Workbook

Information and Resources for Effective Self-Management of Problem Substance Use

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 **BC Partners for
Mental Health and
Addictions Information**

**Substance Use Workbook:
Information and Resources for Effective Self-Management of Substance Use Problems
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The Mental Health and Addictions Information Plan for Mental Health Literacy is a groundbreaking public information initiative driven by the Anxiety Disorders Association of BC (ADABC), Awareness and Networking around Disordered Eating (ANAD), British Columbia Schizophrenia Society (BCSS), Canadian Mental Health Association BC Division (CMHA), Kaiser Foundation, the Mental Health Evaluation & Community Consultation Unit (Mheccu), and Mood Disorders Association of BC (MDA), working together in a collective known as the BC Partners for Mental Health and Addictions Information. The project is funded by the Ministry of Health Services, under the direction of Dr. Gulzar Cheema, Minister of State for Mental Health. Over three years, the project will create a permanent communications infrastructure, including a website and a series of practical toolkits developed to help individuals living with (or at risk for) mental health or substance use problems to manage their health conditions on a day-to-day basis. Combined, the groups have more than 100 years of service to British Columbians and regional branch networks or linkages throughout the province.

www.heretohelp.bc.ca

This workbook recognizes there are many paths toward improved quality of life and freedom from problem substance use. Listed below are common ingredients from people who have made successful changes addressing their substance use. Change is possible. It is hope that you will find this workbook a useful companion in your process of change!

How to use this workbook?

- In any fashion you deem suitable.
- Some people might choose one section only, others might complete each section thoroughly in a counter-clockwise approach, and others may hop-scotch around bouncing from section to section...some might roll-up the workbook and use it to keep a window open. How you use this workbook is up to you.
- In each of the circles below you may grade (1-10) the level of importance each ingredient (section) may be to your recipe for change.
- Which section do you want to explore first?

We're surrounded!



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I just want to dance!

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Can I smoke in here?



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- 1 What?
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- 3 How?
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Common effects of substance use and withdrawal

Presented here is a brief summary of possible effects of a few common substances: Drawn from Alberta Alcohol and Drug Abuse Commission publications.

- Effects are expected to vary with the state of mind and health of user.
- Legality, tolerance effects, risk for acquiring communicable diseases, and negative effects on pregnancy may be considerable and differ with particular substances. More detailed information is available at www.addictioninfo.ca
- The long-term effects of any substance can include development of personal problems where substances can become more important than family and friends; where using may persist despite considerable negative consequences in all areas of well-being.

Substance	Short-term effects	Long-term effects	Withdrawal Effects
amphetamines (speed)	<ul style="list-style-type: none"> • increased heart rate, breathing and blood pressure • dry mouth, sweating, large pupils, and headaches • energetic and confident feelings, alertness, talkative, restless, excited, trouble sleeping, possible panic attacks • reduced appetite • feelings of power and superiority • anxiety, hostility, or aggressiveness <p>High doses can cause:</p> <ul style="list-style-type: none"> • physical collapse • headaches, dizziness, blurred vision, tremors, irregular heartbeat, stomach cramps, sweating, restlessness, irregular breathing, and loss of coordination • possible seizures, coma, stroke, heart failure and death 	<ul style="list-style-type: none"> • sleeping problems • anxiety and tension • high blood pressure • rapid and irregular heartbeat • malnutrition • ‘amphetamine psychosis’: <ul style="list-style-type: none"> ◦ paranoia ◦ delusions ◦ hallucinations ◦ bizarre behaviour ◦ aggressive or violent behaviour 	<ul style="list-style-type: none"> • hunger • fatigue • anxiety • irritability • depression • restless sleep • panic attacks • suicidal thoughts
alcohol	<ul style="list-style-type: none"> • decreased inhibitions • sense of well-being • drowsiness • dizziness • decreased coordination • hangovers (beginning 8-12 hours after drinking stops) • headache, shakiness, nausea, possible short-term memory loss (blackouts) 	<ul style="list-style-type: none"> • stomach ulcers • liver disease • brain damage 	<ul style="list-style-type: none"> • insomnia • jumpiness • sweating • tremors • hallucination • convulsions <p>Medically supervised withdrawal is suggested</p>

Substance	Short-term effects	Long-term effects	Withdrawal Effects
cocaine and crack	<ul style="list-style-type: none"> intense pleasure, alertness, energy, confidence increased breathing, heart rate, blood pressure, dilated pupils, decreased appetite, decreased need to sleep large doses may produce euphoria, sever agitation, anxiety, erratic and violent behaviour, twitching, hallucinations, blurred vision, headaches, chest pains, rapid shallow breathing, muscle spasms, nausea, and fever overdose can cause seizures, strokes, heart attacks, kidney failure, coma and death. use is linked with suicides, murder, and fatal accidents. 	<ul style="list-style-type: none"> depression, restlessness, agitation, nervousness sleeping difficulty, mood swings, delusions, hallucinations, and paranoia high blood pressure irregular heartbeats memory and attention deficits chronic snorting stuffed, runny, chapped or bleeding noses, and holes in the barrier separating the nostrils 	<ul style="list-style-type: none"> disturbed sleep depression anxiety irritability strong cravings to use
cannabis (marijuana)	<ul style="list-style-type: none"> feeling relaxed, free, and open experiencing brighter colours, more distinct sounds and smells some users are talkative and happy, others get quiet and withdraw slower reaction time, increased clumsiness learning difficulty forgetfulness difficulty concentrating <p>High doses can cause:</p> <ul style="list-style-type: none"> severe anxiety, panic attacks, paranoia, temporary psychosis, possible hallucinations <p><i>may be used to decrease nausea caused by anti-cancer drugs and increase appetite for people with AIDS</i></p>	<ul style="list-style-type: none"> chronic coughing, lung infections, cancer decreased ability for short-term memory, concentration, and abstract thinking decreased motivation 	<ul style="list-style-type: none"> troubled sleep irritability anxiety nausea sweating loss of appetite <p>These symptoms usually last less than a week but craving can last longer.</p>

Substance	Short-term effects	Long-term effects	Withdrawal Effects
inhalants	<ul style="list-style-type: none"> • quick and brief feeling of exhilaration or “high” followed by a period of drowsiness that can last for one to two hours • decreased inhibitions • ringing ears, dizziness, blurred vision • nervousness, disorientation • headaches, chest, stomach pains • clumsy, slurring words • hallucinations • psychotic-like reactions • violent or aggressive actions • damage liver, kidneys, eyes, bone marrow, heart, and blood vessels • “sudden sniffing death” can occur due to heart failure from irregular heartbeat 	<ul style="list-style-type: none"> • memory loss • brain damage • personality changes • muscular weakness • fatigue • nerve damage starting in the hands and feet 	<ul style="list-style-type: none"> • irritability • restlessness • depression • fatigue • aggressiveness • chills • headaches • hallucinations <p>Supervised care is recommended for people stopping that have used solvents for a long time</p>
smoking	<ul style="list-style-type: none"> • increased pulse and blood pressure • decreased skin temperature • more stomach acid and less urine produced • initial brain and nervous system stimulation may be experienced as relaxation • decreased appetite and physical endurance 	<ul style="list-style-type: none"> • increased risk for heart disease, stroke, and lung cancer • emphysema • bronchitis • cancer of the larynx, mouth, bladder, kidney, and pancreas • chronic shortness of breath 	<ul style="list-style-type: none"> • irritability • anxiety • sleep and appetite disturbance • strong craving for the effects of nicotine
LSD	<ul style="list-style-type: none"> • euphoria • fear • sadness • feeling more than one emotion at one time • hallucinations related to sight, sound, smell, and vision • experiencing trivial matters as magical • increased heartbeat and blood pressure • fever, dilated pupils, tremors, nausea, chills, and numbness • impaired judgement 	<ul style="list-style-type: none"> • prolonged psychotic states • hallucinations • apathy • frustration 	<ul style="list-style-type: none"> • psychological dependence • feelings of anxiety and panic

Substance	Short-term effects	Long-term effects	Withdrawal Effects
ecstasy	<ul style="list-style-type: none"> • feels of mild intoxication, relaxation, and feeling energetic • feeling trusting, loving, and warm toward others • stronger sensations (especially touch) • jaw clenching, teeth grinding, anxiety, panic attacks, blurred vision, vomiting, increased sweating, bloody pressure, and heart rate • depression, irritability, poor concentration, forgetfulness, exhaustion, and paranoia (these effects can last several days) 	<ul style="list-style-type: none"> • permanent chemical changes in the brain <ul style="list-style-type: none"> ◦ mood changes ◦ disrupted sleep patterns • irritability • paranoia • depression • flashbacks or psychosis • liver damage 	<ul style="list-style-type: none"> • little information on whether ecstasy produces dependence or withdrawal symptoms if regular use stops
codeine and other opioid pain killers	<ul style="list-style-type: none"> • pain relief and euphoria • nausea • vomiting • constipation • drowsiness • tiny pupils • blurred vision • poor night vision 	<ul style="list-style-type: none"> • feeling depressed • difficulty concentrating • constipation • difficulty sleeping • pain sensitivity • agitation, tremors, and seizures 	<ul style="list-style-type: none"> • cravings • runny nose • sweating • restless sleep • weakness • stomach cramps • nausea • vomiting • diarrhea • muscle spasms • chills • irritability • pain <p>Supervised care is recommended for stopping using</p>

A Short Drug Screening Instrument

(Based on the Severity of Dependence Scale - SDS)

A short questionnaire about your alcohol or other drug use

Think about your alcohol or other drug use. In particular, answer the following about the substance(s) you mostly use. Add up your scores (the numbers in the brackets) before moving on to the next section on problems. During the past year...

1 Did you think your alcohol or other drug use was out of control?

Never (0) Sometimes (1) Often (2) Always (3)

2 Did the thought of not being able to get any alcohol or other drug(s) make you anxious or worried?

Never (0) Sometimes (1) Often (2) Always (3)

3 Did you worry about your alcohol or other drug use?

Never (0) Sometimes (1) Often (2) Always (3)

4 Did you wish you could stop?

Never (0) Sometimes (1) Often (2) Always (3)

5 How difficult would you find it to stop or go without?

Not at all (0) A little (1) Quite difficult (2) Impossible (3)

Your Score

Higher scores, especially over 4, indicate that you might be dependent and that you should consider cutting down or at least having a break to prevent or reduce problems.

Alcohol and other Drug-related problems

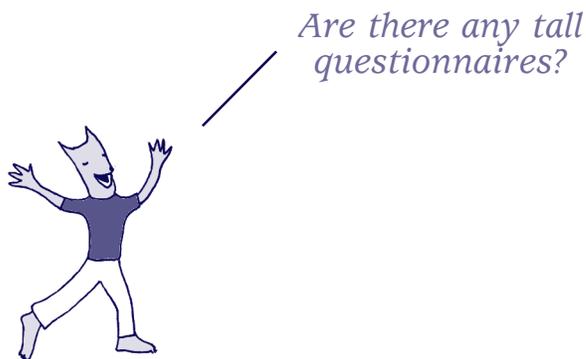
Alcohol and other drugs can cause short-term problems and longer-term problems. Circle those areas which may be causing you problems.

Family Friends Social Health Depression Anxiety
 Work Money Lifestyle Legal Driving Family Law

Any other problems? (e.g. Sex issues, Accidents, Someone else's alcohol or drug use, etc.)

Additional Resources

Gossop, M., Griffiths, P., Powis, B. & Strang, J. (1992) Severity of dependence and route of administration of heroin, cocaine and amphetamines, *British Journal of Addiction*, 87, 1527-1536



I. Assessing Impact of Use

Short- and long-term negatives and positives of substance use in areas of well-being

There are reasons people use. Discovering the functions of your use may help you address the personal benefits and consequences of using.

	SHORT-TERM		LONG-TERM	
	positives	negatives	negatives	positives
Family / Home	<ul style="list-style-type: none"> decreased violence escape 	<ul style="list-style-type: none"> decreased communication increased violence less attention to domestic needs 	<ul style="list-style-type: none"> not building a safe environment disconnection 	<ul style="list-style-type: none"> may reveal an unhealthy system
Physical	<ul style="list-style-type: none"> relaxation no pain 	<ul style="list-style-type: none"> impact on pregnancy injury death 	<ul style="list-style-type: none"> loneliness regret memory loss 	
Emotional / Learning	<ul style="list-style-type: none"> euphoria relief feeling creative 	<ul style="list-style-type: none"> guilt decreased concentration 	<ul style="list-style-type: none"> loneliness regret memory loss 	
Social / Community	<ul style="list-style-type: none"> connecting with people increased comfort/ease 	<ul style="list-style-type: none"> alienating people 	<ul style="list-style-type: none"> isolation 	
Activity / Occupational	<ul style="list-style-type: none"> more productive provoke new activities 	<ul style="list-style-type: none"> less productive being late/absent 	<ul style="list-style-type: none"> less aware of potential activities less productive activities lose appeal 	
Spiritual / Ethical	<ul style="list-style-type: none"> feeling more connected to other realities feeling more connected to others 	<ul style="list-style-type: none"> feeling disconnected distancing reality contributing to violence in the drug trade system 	<ul style="list-style-type: none"> feeling disconnected distrusting needs can be met without substance use 	

At least there's no lightning!



Expected short and long-term negatives and positives on not-using in areas of well-being

There are reasons people use. Discovering and addressing the costs (negatives) of not-using along with considering the personal benefits of non-using may be useful in creating the changes you want.

	SHORT-TERM		LONG-TERM	
	negatives	positives	negatives	positives
Family / Home	<ul style="list-style-type: none"> increased violence 	<ul style="list-style-type: none"> decreased violence 		<ul style="list-style-type: none"> stability connection
Physical	<ul style="list-style-type: none"> pain / withdrawal 			<ul style="list-style-type: none"> longer, healthier life
Emotional / Learning	<ul style="list-style-type: none"> struggles 	<ul style="list-style-type: none"> struggles 		<ul style="list-style-type: none"> knowing change is possible happiness more explorations
Social / Community	<ul style="list-style-type: none"> disappoint using friends 	<ul style="list-style-type: none"> comforts supportive friends healthy modeling 	<ul style="list-style-type: none"> lose using friends 	<ul style="list-style-type: none"> contribute to health of community lose using friends develop healthy friendships
Activity / Occupational	<ul style="list-style-type: none"> alienates using coworkers 	<ul style="list-style-type: none"> alienates using coworkers 		<ul style="list-style-type: none"> increased productivity
Spiritual / Ethical		<ul style="list-style-type: none"> demonstrates caring for self and others 		<ul style="list-style-type: none"> healthy reliance and connection with others humility and patience

3. Abstinence or Reduced Use

Abstinence or reduced use

Both abstinence and reduced use are suggested as legitimate goals. Different career goals may lead one person to become a physician and another, a cartoonist. Both may be happy with their choices. Embracing a goal that *fits* for you may fuel your motivation for change.

When might abstinence be a better choice?

When...

- I have tried to reduce before?
- Honesty tells me “controlled” use is preposterous for me!
- Consequences for me using are too severe! For example, death, hurting myself and / or others, legal repercussions. I am tremendously committed to making change in my life!
- I want to see how I can change my life without using substance use.

When might reduced use be a better choice?

When....

- I know I am not going to abstain right now?
- When using doesn’t negatively interfere with my quality of life, or potential quality of life in areas of well-being:
 - Family / Home
 - Physical
 - Emotional / Learning
 - Social / Community
 - Activity / Occupational
 - Spiritual / Ethical
- If my level of use has greater benefits than non-using?



Worksheet

If you are ambivalent, and trying to decide between a goal of abstinence or reduced use, you are encouraged to give yourself 7 minutes to write in support of each position. You might also choose to audio or video-tape this activity.

I am choosing to *reduce / control* my use versus abstain because...

After reading what I have written, I am feeling...

I would rate the “case” I made to *reduce / control* my use versus abstain as:

Terrible

Weak

Good

Compelling

I am choosing to *abstain* versus *reduce / control* my use because...

After reading what I have written, I am feeling...

I would rate my “case” to *abstain* versus *reduce / control* my use as:

Terrible

Weak

Good

Compelling

Reflections / thoughts after considering both positions?

*I want
flowers
every
day in
my life !*



Low-risk drinking guidelines

Zero drinks = lowest risk of an alcohol problem

No more than 2 standard drinks on any one day

Women: up to 9 standard drinks a week

Men: up to 14 standard drinks a week

The low-risk drinking guidelines were developed by a team of medical and social researchers from the University of Toronto and the Centre for Addiction and Mental Health. They have been endorsed by the following organizations: Addictions Foundation of Manitoba, Alberta Alcohol and Drug Abuse Commission, Alcohol Policy Network, Association of Local Public Health Agencies, Canadian Centre on Substance Abuse, Centre for Addiction and Mental Health, College of Family Physicians of Canada, and Ontario Public Health Association.

Adults who **choose** to drink should keep in mind that there are situations when abstinence is best: when taking medications that interact with alcohol; when pregnant or trying to conceive; when there are any physical or mental conditions present which would be made worse by drinking, even in moderation; if dependent on alcohol; if drinking could cause harm to yourself or others, for example when driving; or if you are underage.

If you are choosing to continue to use alcohol but want to reduce, these tips may help you cut down:

- Only keep a small amount or no alcohol at home.
- Wait at least one hour between drinks.
- Avoid getting intoxicated or drunk.
- Quench your thirst with non-alcoholic drinks before having an alcoholic drink.
- Eat before drinking, it will make you feel more full and then you will drink less.
- Have one or more non-alcoholic drinks, such as water, soft drinks, or fruit juice before each alcoholic drink.
- Try to take small sips of your drink, avoid gulping, drink slowly.
- Dilute your drinks (avoid fizzy mixers).

Attention to indicators of **present** quality of life, and indicators for **desired** quality of life may be used to motivate and guide changes relative to substance use and greater happiness.

The Perceived Quality of Life Scale

adapted from Patrick et al.

Areas of Well-Being	How satisfied are you on a scale of 1 to 10 with?
Physical	the health of your body
Emotional / Learning	your ability to think and remember
All Categories	how happy you are
Family / Home	
Social / Community	how much you see your family and friends
Family / Home	
Social / Community	the help you get from family and friends
Social / Community	your contribution to the community
Activity / Occupational	your activities outside of work
Activity / Occupational	how your income meets your needs
Social / Community	how respected you are by others
Spiritual / Ethical	the meaning and purpose of your life
Activity / Occupational	with working/not working/retirement
total score =	

(total score) / 11 =

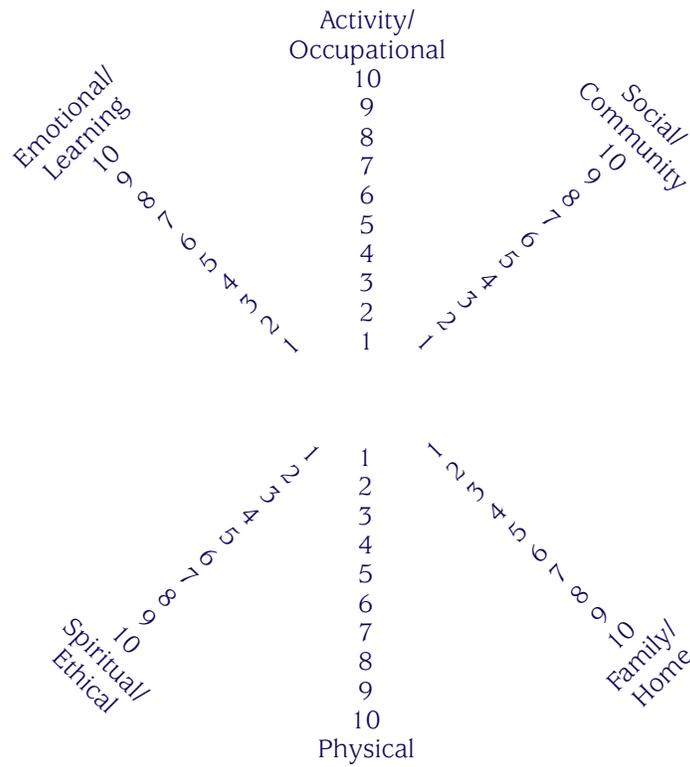
- The higher the score the greater the satisfaction with the quality of life.

- 1 Which item are you most satisfied with?
- 2 Which item do you want to work on first?

▶ The *Clear Plan* section may be useful in moving toward greater satisfaction.

The Web of Well-Being

Please circle a number (1-10) that indicates your level of happiness relative to the areas of well-being presented.



Happy!
Happy!
Joy! Joy!



Long-term

Mid-term

Short-term

Well-being Goals

Family / Home:

[Empty box for Family / Home goals]

Physical:

[Empty box for Physical goals]

Emotional / Learning:

[Empty box for Emotional / Learning goals]

Social / Community:

[Empty box for Social / Community goals]

Activity / Occupational:

[Empty box for Activity / Occupational goals]

Spiritual / Ethical:

[Empty box for Spiritual / Ethical goals]

5. Emotional Self-Assessment

Emotional Self-Assessment

Depression and Trauma (e.g. experiencing or viewing assaultive or life-threatening situations) are common amongst people experiencing substance use problems. Appropriate counselling and medication have documented positive effects. The following questionnaires may be used as an indication of the degree you experience depression, and post-traumatic stress disorder. These questionnaires are taken from Lisa Najavits (2002) and derived from the the Diagnostic and Statistical Manual of Mental Disorders. If you find these questionnaires relevant for you, you may want to explore these areas further with a counsellor and a physician. If you feel in danger of hurting yourself or others get help now!

There are a number of other psychological assessments not provided here that may be useful. Expressing your concerns with a doctor and counsellor may be important in your change process.

Depression

Signs of depression are:

- You feel sad, hopeless, or empty most of the time
- You have less interest and pleasure in things than you used to
- You eat too much or too little
- You're either so "sped up" or "slowed down" that others notice it.
- You are tired, lacking in energy
- You feel worthless or guilty
- You have difficulty thinking or making decisions
- You think a lot about death; you may want to kill yourself.

Persistence of these signs in the absence of substance use may be particularly concerning. If you expect you currently suffer from depression, a professional evaluation may be useful in formulating a plan to treat/respond to your depression

Post-traumatic Stress Disorder

Signs of PTSD are:

- You suffered a trauma
- You felt overwhelmed when the trauma happened (intense fear or horror)
- Intrusion. Memory of trauma keeps coming into your mind even though you don't want it to (nightmares; "flashbacks" that feel like trauma is happening again; or being triggered – you felt an intense reaction when reminded of the trauma)
- Avoidance and numbing. Avoidance means you put the trauma out of mind (for example, you don't want to think about it, you avoid reminders, or you have trouble remembering some of what happened). Numbing means you feel much less than you used to (for example, you feel detached, you have less interest in activities, or you have no sense of a future).
- Arousal: Your mind and body are on high alert (difficulty sleeping and concentrating, scanning the room for danger, anger outbursts, and intense startle reaction).

People with PTSD may vary in the number of these symptoms experienced, their duration, (for example, longer than a month) and onset (sometimes these problems develop well after the initial trauma). If you expect you currently suffer from PTSD, a professional evaluation may be useful in formulating a plan to treat/respond to your PTSD.

Help

- Alcohol and Drug Information and Referral Service 1-800-663-1441 (in Lower Mainland 604-660-9382)
- Mental Health Information Line 1-800-661-2121 (in Lower Mainland 604-669-7600)
- BC NurseLine 1-866-215-4700 (in Lower Mainland 604-215-4700)

Professional assistance?

Professionals may be considered tools (or team members?) that might prove useful in your plan of change. Who can be useful to have on your team?

A drug and alcohol counsellor may be useful for me because:

- I want to learn about options
- I want to have help clarifying my relationship with substance use
-
-

A social worker may be useful for me because:

- I would like assistance finding housing
- I would like help with legal / financial / employment issues
-
-

A psychiatrist may be useful for me because:

- I want a psychiatric assessment
- I believe drug therapy may be appropriate for me
-
-

A medical doctor may be useful for me because:

- I have physical concerns I want to address
- I am looking for a referral to a psychiatrist
-
-

A counsellor / psychotherapist may be useful for me because:

- Somebody I know suggested it
- I feel it might be useful
- I have personal issues I need to explore / discuss
- I think I would be happier if I went to see a counsellor once a week for 20 weeks
-
-

▶ The *Clear Plan* Section may be useful in organizing your steps toward accessing professional services.

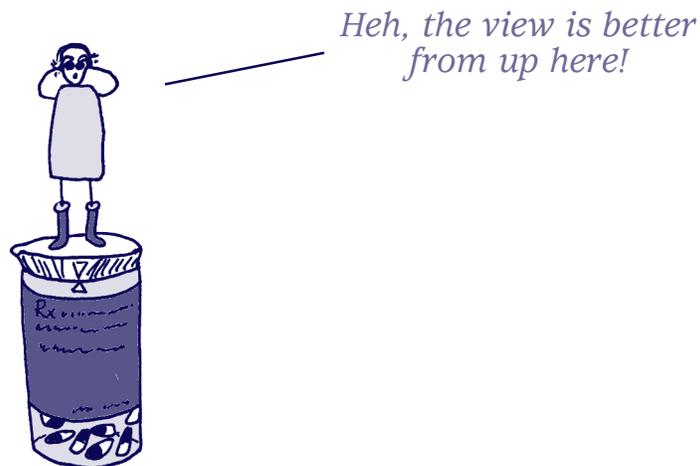
7. Medication?

Medication?

Appropriate drug use (medication) for the promotion of health rather than destruction of health may improve one's capacity for psychological treatment and improve one's quality of life tremendously. Medication to address problem substance use may be selected to:

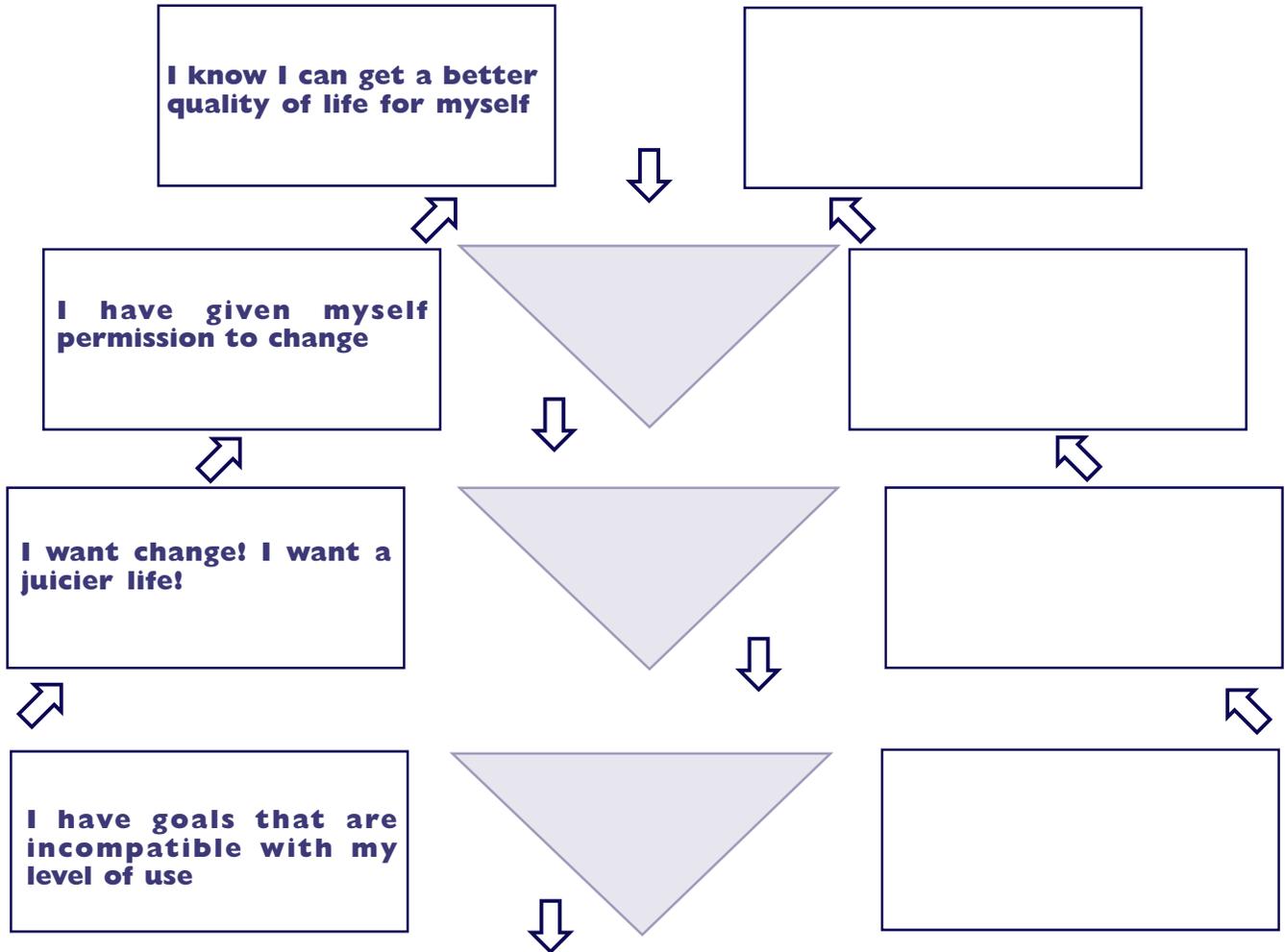
- Decrease cravings
 - For example, people have used the drug Zyban or a nicotine patch to help reduce cravings for smoking.
- Block effect (attraction or high) of substance
 - For example, people have used the drug antabuse as a deterrent to drink, as drinking while taking antabuse may provoke nausea and vomiting.
- Improve psychological health
 - The proper assessment and medication for psychological conditions appears key for some people. For example, the appropriate use of anti-depressants and anti-anxiety medication has been critical for many.
- Replace harmful drug use
 - For example, for some, using methadone to replace heroin use may decrease negative financial, legal, and physical consequences.

▶ Concerns, questions, and interest, regarding medication must be discussed with a physician.



Development of motivation

I am so motivated!



I am so unmotivated...

How many of these four do you believe?

What brings you down?

What are other motivational reminders for you?

Motivational questions

1. What feeds your motivation to change? You may want to check applicable statements on the ascending left angle. You are invited to write other ingredients to motivation in the ascending boxes on the right.
2. What can drain your motivation? Please indicate such things in the descending arrowed triangles, in the center of the page.

▶ The **Clear Plan** section may be a useful tool toward increasing what feeds your motivation and decreasing what drains your motivation.

I. Definitions of Self-Determination, Will Power and Self-Management

Definitions of self-determination, willpower and self-management

Self-Determination:

- Do we choose our own thoughts, behaviors, feelings, and consequences?
- Or are we but leaves, being blown by the winds of life, without any power to impact our existence?
- Perhaps there is a middle ground recognizing we make choices impacting our experience of life.
- Below are 2 questionnaires you may use to gain greater insight toward your own sense of self-determination.
- A high sense of self-determination is associated with greater health.

Perceived Choice scale (subscale of Self-Determination Scale)

1. A. I always feel like I choose the things I do.
B. I sometimes feel that it's not really me choosing the things I do.

Only A feels true 1 2 3 4 5 Only B feels true

2. A. I choose to do what I have to do.
B. I do what I have to, but I don't feel like it is really my choice.

Only A feels true 1 2 3 4 5 Only B feels true

3. A. I do what I do because it interests me.
B. I do what I do because I have to.

Only A feels true 1 2 3 4 5 Only B feels true

4. A. I am free to do whatever I decide to do.
B. What I do is often not what I'd choose to do.

Only A feels true 1 2 3 4 5 Only B feels true

5. A. I feel pretty free to do whatever I choose to.
B. I often do things that I don't choose to do.

Only A feels true 1 2 3 4 5 Only B feels true

My Perceived Choice average score:

What I want to take from this exercise is:

A Reflective Opportunity Regarding Self-Determination

What is the most important event that occurred in your life during the following years:

this year:

last year:

two years ago:

three years ago:

four years ago:

I estimate the percentage of control or influence I have had over these events to be: %

I would like this year's perceived percentage of control to be: %

What I want to take from this exercise is:

Self-determination (definition continued):

How self-determined can someone be?

- Can you simply choose freedom from problem use?
- Choose to get along better with yourself and others?
- Choose to eat healthy?
- Choose to exercise regularly?
- Suggesting you simply choose to be free of problem substance use may be similar to simply choosing to swim; not a very realistic suggestion if you are terrified of water and don't know where you can access anything larger than a bathtub.
- Swimming or becoming free of problem substance use may be a formidable and scary proposition requiring support, professional assistance, safety plans; Using self-management, and will-power.

Willpower

May be considered as your ability to delay gratification. Choices to wait for others' meals to be served before beginning to eat, choosing to pay bills this week before purchasing a new shirt next week, and waiting for a break in the conversation before offering a comment may be examples of exercising willpower.

Hints For assisting willpower

- Having 15 minute commitments. (For example, I will look at this material for 15 more minutes).
- Arranging short-term strong positive outcomes for desired behavior (for example, I will buy myself a flower after reading for 15 more minutes). For further exploration you may consult the REWARD section.

Self-management:

Self-Management involves recognizing options and making conscious choices. Recognizing your abilities and responsibilities relative to choice-making is suggested to lead to happier and healthier living.

Self Management can be considered the act of managing one's affairs. Being the manager of your goals, plans, and strategies toward them. Again, components of self-management may include self-selected goals, self-monitoring, designing, implementing, and evaluating your efforts.

Hints for assisting self-management

- Reminders: post-it notes, check-lists, date-books.
- Quick-action: ex. going out now to acquire post-it notes. filling this out now!
- Reducing cues for undesired behaviors (for example, putting t.v. in corner with curtain over it)
- Restricting conditions for undesired behavior (for example, only smoking in telephone booth 2 blocks away)
- Self-monitoring (*Self monitoring* template included in Self-management package)
- Having self-delivered consequences: immediate, daily, weekly, intermediate, and long-term consequences are suggested (further details in *Reward* section).

The rock and roll story of Jenny, Jennifer and Fred:

Fred spoke to Jenny and Jennifer. He said, "heh, twins of identical strength who both like to wear green, I see two identical hills with two identical boulders on top. If you each take a hill, who, of the two of you, will roll their rock off the hill first?"

Jenny

Jenny said to herself. "Hmmm... Do I want to do this? I think so. I like hiking, and challenges, and I have no other commitments today.

Although I wanted to watch the basketball game on tv... maybe I can record it and watch it later. I will take a closer look at this hill, and talk to some people who have been up it." Jenny spoke to Ike and consulted the weather station.

"I think I will take my backpack with warm waterproof clothing, a map, some tasty snacks, my dog Brutus for company, my cell-phone, a headlamp, and a strong staff to ease the way down and perhaps to use as a wedge under the boulder. And I will wear my hiking boots".

Jenny had a most pleasant journey, even though it did rain. Jenny decided not to topple the boulder even though she found it doable. Since she recognized it might harm someone or something.

Jenny rewarded herself with a warm apple crumble dessert and a phonecall to her friend Sara, in Australia.

Jennifer

Jennifer said to herself "Ugh... I never beat my sister... I guess I have to try anyway" and started trudging toward the hill. To make a long story less painful... Jennifer got lost, sprained an ankle, felt lonely, cold, and wet. And made it down from the hill the next morning without budging the boulder. Jennifer was angry with Fred, Jenny, and the weather. Not a positive experience.

• Who do you relate to more— Jenny or Jennifer?

• What can you learn from Jenny?

• What can you learn from Jennifer?

I. Written, Verbal, and Witnessed (abstinence)

Written, verbal, and witnessed (abstinence)

The act of formalizing commitment appears important in the process of change. Experiencing both freedom and responsibility are considered elements of such choice. Having supportive witness' to your commitment to change is also suggested, as it challenges isolation and promotes connection. Please consult the *Support* section.

I, _____ (name) am committed to include more _____ (example),
_____ (example) and, _____ (example) in my life, and
abstain from using _____ (substance) this date of _____

Signature: _____

We, the undersigned have heard _____ (toolkit user) state their
commitment and support their decision toward improving their life.

(printed name / signature)

(printed name / signature)

(printed name / signature)

I want change because...

Written, verbal, and witnessed (reduced use)

The act of formalizing commitment appears important in the process of change. Experiencing both freedom and responsibility are considered elements of such choice. Having supportive witness' to your commitment to change is also suggested, as it challenges isolation and promotes connection. Please consult the *Support* section.

I, am committed to include more ,
and, in my life, and my specific reduction goals are:

this date of

Signature:

We, the undersigned have heard state their
commitment and support their decision toward improving their life.

(printed name / signature) (printed name / signature) (printed name / signature)

I want change because...

I. Assessment, Maintenance, and Development of Support Networks

Assessment, maintenance, and development of support networks

Successful change from problem substance use...
Involves accessing and maintaining healthy support and connection.

People are social creatures.

"...In some important ways, people cannot be stable on their own-not should or shouldn't be, but can't be... Stability means finding people who regulate you well, and staying near them."

-Lewis, M.D. 2000

Assessment:

The smallest number of people required by you in order to feel a social equilibrium (sociostasis) is called psychological social atom. When someone who has become central to your life is missing (temporarily or permanently) the energy that would normally be given to creative, productive endeavours becomes channeled into coping with the loss, managing the feelings that are evoked and searching for another person who can fit a similar place in your life. Becoming familiar with your psychological social atom and studying the dynamics of maintaining the connections can help you understand the moods and changes that occur in your life and suggest ways to handle them.

The following questions, taken from an article on intimacy by Vick Rubin are offered her as a means for focusing you on those persons who are central to you. In the space following each question, note the names of persons who come to mind.

- 1 I feel I can confide in _____ about virtually everything.
- 2 I would do almost anything for _____
- 3 If I could never be with _____ ,
I would feel miserable.
- 4 If I were lonely, my first thought would be to seek _____ out.
- 5 One of my primary concerns is _____ 's welfare.
- 6 I would forgive _____ for practically anything.
- 7 I feel responsible for _____ 's well being.
- 8 I would greatly enjoy being confided in by _____
- 9 It would be hard for me to get along without _____

*One is the loneliest
number...*

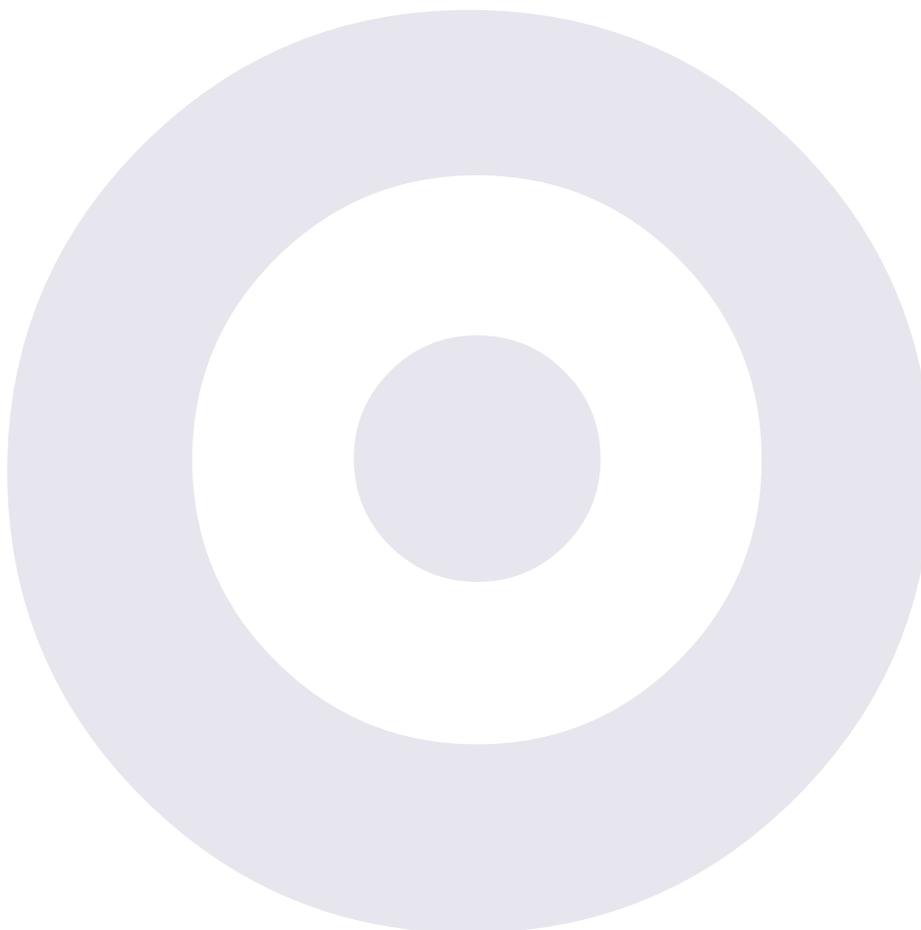


Review the names of persons listed on the previous page. Are there other people in your life who feel central to you? Make a list of those persons whom you perceive to comprise the smallest number of people whom you need in your life to feel a social equilibrium.

-
-
-
-
-
-

With yourself located in the centre, please indicate who is in your social circle (social atom). You can place their names in places that represent the relative closeness you feel with them.

Hey, where is everybody?



What do you notice about your social atom /social network? (e.g. genders represented?)

What feelings come up for you?

Variations of this exercise you may want to try include a wished for social atom (for example in 6 months or a year) and a toxic social atom (revealing people you want to stay away from).

5 specific things I plan to do to develop and / or maintain my support network include:

1) _____
(E.g. phone 8 people a week)

2) _____
(E.g. have a non-using party 2 months from now)

3) _____
(E.g. take cooking course)

4) _____

5) _____

Social skills

How would you rate your social skills?

Sick

Poor

On Par

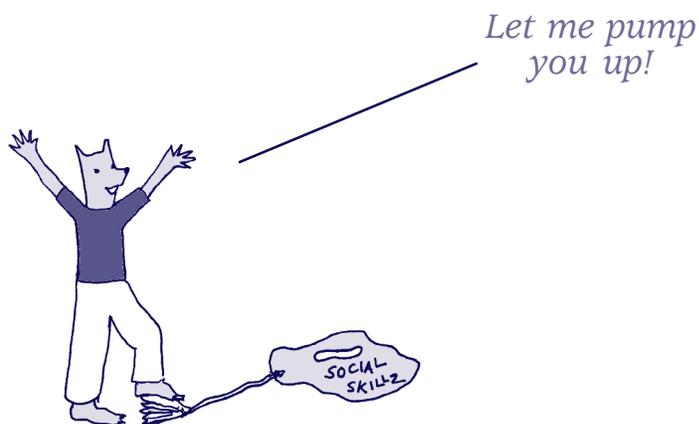
Strong

Award-winning

How would others rate your social skills?

Ways I might improve my social skills:

- Try to be like Kermit the frog.
- Participate in group counselling.
- Increase eye contact.
- Use “I” language more often.
- Listen better.
- Use “When you said / did **X**, I felt **Y**”. This format describes behavior versus judging other person while supporting more responsibility / freedom for yourself.
- Say more nice things to people (including yourself!)
- Go get individual counselling
- Utilize the monitoring and clear plan sections.
- Know nobody is perfect.
- Nurture myself.



3. What I Would Like my Family and Friends to Know

What I would like my family and friends to know

✓ That successful elimination of problem substance use is a process commonly marked by repeated efforts and apparent failures. Just as one rarely quits smoking on their first effort, or suddenly alters eating and exercising habits, behavioral changes require considerable strategies, effort, support, and time.

✓ What I would like from them is...

[Blank response area]

✓ What I would like them to know is...

[Blank response area]

✓ What I imagine they would like me to know, and what I imagine they would like from me?

[Blank response area]

✓ What are my plans regarding this and continued communication with family and friends about wants, needs, and expectations?

[Blank response area]

You are encouraged to approach at least 3 significant people in your social circle with a copy of this form for you to discuss with each of them.

✓ The impact of []

[Blank response area]

✓ Support I can offer...

[Blank response area]

✓ What changes I

want:

[Blank response area]

need:

[Blank response area]

Okay, I inhaled...



What can act as rewards for you?

Devising a reward system for your desired behaviors is associated with increased confidence, success, and fun!!

What are three behaviors you want to increase?

1.

2.

3.

(For example, rock climbing, creative productions, positive community impact,)

What are three behaviors you want to decrease?

1.

2.

3.

(For example, being in debt, overeating, undersleeping)

One way to gather ideas about what you may find rewarding is to first consider three of your happiest memories.

1.

(Forexample, memory of walking down early morning street after leaving partner's house)

2.

(For example, giving card to two housemates I was living with for the summer)

3.

(For example, Sitting in a cheap blue hotel room in Katmandu)

What are a couple of ingredients that contributed to the happiness in these memories?

(For example, connection, being valued, feeling creative, living simply, feeling free)



What are 3 things you can use in a reward system that tap into these ingredients?

1.

(For example, visiting friends; connection)

2.

(For example, art projects; feeling creative)

3.

(For example, Travel; living simply, feeling free)

2. A Reward Plan

A reward plan

Goal behaviour

[Grey rectangular box for goal behaviour]

8 glasses of water

Immediate Strategies/Rewards

[Grey rectangular box for immediate strategies/rewards]

- have a water cooler at home
- say “nice work” after every glass
- carry cute little water bottle

Daily Strategies/Rewards

[Grey rectangular box for daily strategies/rewards]

- sticker on calendar for every successful day
- toonie in glass jar for each successful day

Weekly Strategies/Rewards

[Grey rectangular box for weekly strategies/rewards]

- have coffee and water meeting with a friend each week

Intermediate Strategies/Rewards

[Grey rectangular box for intermediate strategies/rewards]

- use toonies toward creative apartment project each month

Long-term Rewards

[Grey rectangular box for long-term rewards]

- sense of achievement
- less pop drinking
- less sports injury
- feeling better

Munch, where is that, munch, carrot tree?



Relaxation skills

Developing strategies and skills for experiencing greater relaxation is often a critical component in addressing problem substance use. This section invites you to consider relaxing places, activities, images, and offers a scripted relaxation exercise.

Relaxing places:

- ✓ airport?
- ✓ home?
- ✓ shopping mall?
- ✓ coffee shop?
- ✓ park?
- ✓ gym?

- ✓ driving?
- ✓ swimming pool?
- ✓ bathtub?
- ✓ movie theatre?
- ✓ workplace?
- ✓ art gallery?
- ✓ other?
- ✓ other?
- ✓ other?

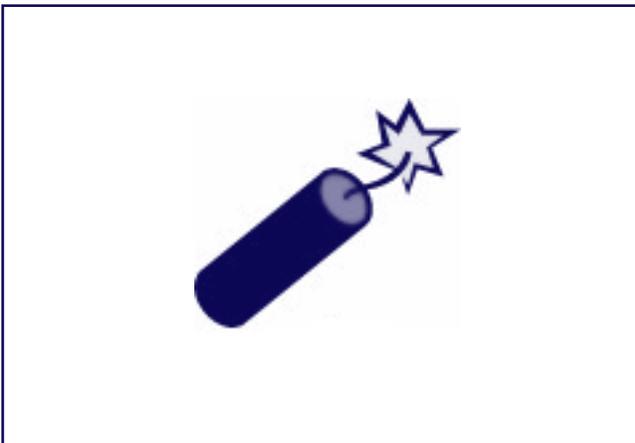
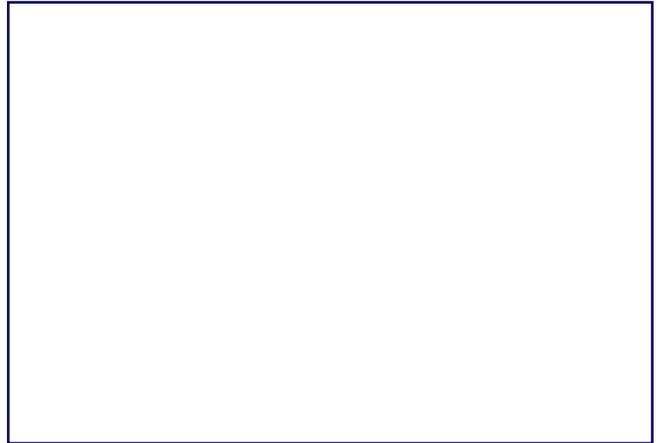
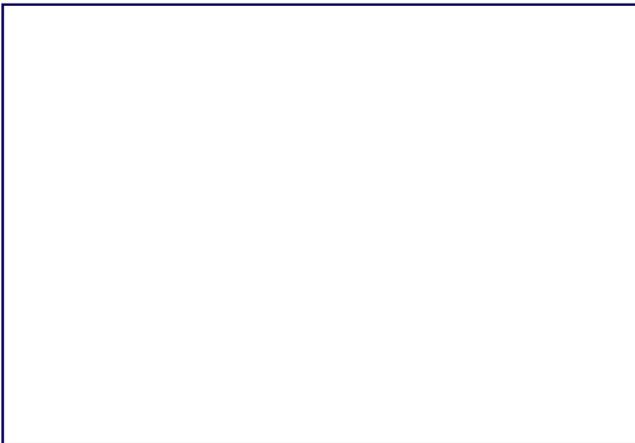


Relaxing activities

- ✓ darts?
- ✓ massage?
- ✓ painting?
- ✓ reading?
- ✓ puzzles?
- ✓ meditating?
- ✓ yoga?
- ✓ listening to music?
- ✓ phoning relatives?
- ✓ running?
- ✓ other?
- ✓ other?
- ✓ other?



Relaxing images



- big willow tree by a river?
- snow-capped mountains?
- being driven in a yellow taxi?
- other?

Passive relaxation script

find a comfortable spot and position, which may shift as you engage in the relaxing process. you may choose to leave your eyes open or close them. You may want a friend to read this, or to make a tape for yourself.

Please forget about everything except the idea of becoming deeply relaxed... just forget about everything that may be coming up in the future and that's on your mind. Just leave these things behind for the time being and concentrate on being relaxed. If your mind wanders that will be okay, just bring it back to concentrating only on deep and complete relaxation.

Please take a deep breath and hold it... breathe in fully until it starts to feel uncomfortable... and then slowly exhale. Try once again. Take a deep breath in, and hold it... and now slowly exhale. Notice that a feeling of relaxation begins to develop as you breathe out.

Now direct your attention to the feelings in your forehead and around your eyes... just relax your forehead and eyes... just relax... your forehead and eyes... Now focus your attention on the feelings in your face... let go of any tension that you may feel in your face... just relax the muscles of your face... Now direct your attention to the feelings in and around your mouth and jaws... and make efforts to relax your mouth and jaws... just let them go completely loose and limp and relaxed... Your whole face is relaxing you continue to breathe in and out, slowly, deeply, and evenly... And now focus your attention on the feelings in your neck... let go of any tension in the muscles of your neck... imagine that someone is gently massaging your head and neck... just relax your neck... feel as completely and as totally relaxed as you possibly can in the muscles of your head, your face and your neck and continue breathing in and out deeply and evenly and slowly...

Now concentrate your attention on your hands and fingers... Direct your mind's eye to those parts of your body and make efforts to relax your hands and fingers... relax and let go of any tension in your hands and fingers... be aware of the material that touches your hands... Now concentrate on the feelings in your forearms... let the muscles in your forearms relax completely... just your forearms... let the muscles in your forearms relax completely... just relax your forearms...

Now focus on your biceps, the upper part of your arms... relax your biceps... just let go of all the tension in your biceps... and try to feel as completely and as totally loose as you possibly can throughout your hands, your fingers, and your arms... Your arms are hanging limply from your shoulders, just like a rag doll... loose, relaxed.

Now concentrate your attention on the feelings in your chest... relax the muscles in your chest... just concentrate on relaxing your chest... as you continue to breathe deeply and evenly and slowly... Next, direct your attention to the feelings in your stomach... relax the muscles of your stomach... just relax and let go of any tension in your stomach... your stomach feels relaxed, but firm... feel as completely and

as totally relaxed as you possibly can in your chest and stomach... continue to maintain the feelings of relaxation... that are developing in various parts of your body... and continue to breathe slowly and evenly and deeply.

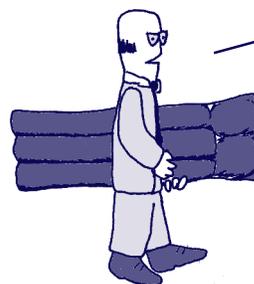
Now focus your attention on your thighs... simply relax your thighs... just relax your thighs... now focus on your calf muscles and let them relax too... just relax your calves... and now concentrate on the feelings in your feet and toes... relax your feet just relax your feet. Feel as completely, as totally and utterly relaxed as you possibly can throughout your legs and your feet... just let go of all the tension and let every muscle in your body feel loose and limp and relaxed... like a rag doll... and continue to breathe in slowly and deeply and evenly.

The feelings of relaxation that have developed in various parts of the body begin to join up like the parts of a jigsaw puzzle... and you feel an overall feeling of general relaxation... A feeling of calmness begins to develop and spread and radiate and you continue to breathe in and breathe out slowly and deeply and evenly... breathing in deeply, breathing out slowly.

The feelings of relaxation permeate the whole of your body and you notice a general feeling of well being... a feeling of warmth and comfort... you are feeling generally relaxed and calm... at times you are hardly aware of your relaxed body... feeling relaxed and warm... feeling fluid... feeling comfortable... your mind is clear and calm... breathing in deeply, evenly, and slowly... your mind feels calm and relaxed... you have a general feeling of serenity... you feel as if you are sinking and at the same time you feel very, very light.

Now, imagine that you are in a very safe and comfortable place. Imagine that there is warm water all around you. It is very warm and makes you feel very light and buoyant... weightless. And as you imagine this place, you continue to breathe

Ahhhh... Skill development time again!



in deeply and evenly... breathing in... breathing out... slowly and deeply and evenly... it is warm all around you, cushioning the sides of your body. You feel safe and comfortable... you feel fluid and airy, your whole body is feeling as if it is gently massaged.

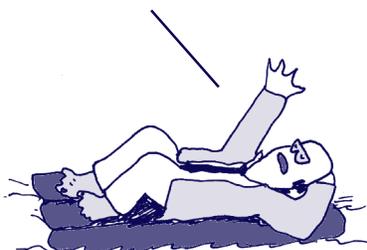
Your head is supported and floating... your shoulders are supported and resting comfortably like they are suspended as if you are on deep soft cushions... your legs feel light... your whole body is floating... and you feel warm and comfortable... your mind is calm and relaxed... and you continue to breathe in deeply and evenly... you can feel the softness and warmth surrounding you... being gently massaged in this comfortable place... and you feel even more comfortable, even more relaxed.

And as you continue to float and relax in this place... you are feeling very safe and very calm... you have a total feeling of well being and serenity... your head feels light and loose, and warm in this peaceful place... your legs feel light and you are continuing to float... you feel very comfortable and very relaxed... letting go of your body... you are continuing to breathe in deeply and evenly... you can feel warm, comfortable air around you... the air smells sweet... the sounds you hear around you are pleasant... feeling safe, feeling calm and relaxed... feeling light... and comfortable... feeling relaxed and warm... and you breathing continues to be even and

deep... notice the feelings of calmness, of serenity and relaxation that has been developed all over.

Now think of a place where you can go for a little while... you can be by yourself in this place or with someone else... try to imagine a place where you feel totally safe... totally calm and relaxed... and you can spend a few minutes in this place... imagine it as much as possible... in every way possible... and while you are there, continue breathing deeply and evenly. You will know have 3 minutes to imagine and relax in this safe place.

*Work!
Work!
Work!*



Three minutes later...

Notice how you feel now... how calm and relaxed you can be... your breathing is slow and regular... and every time you practice this exercise, you will find that you will be able to become more relaxed more easily... and that the calmness that results from the exercise will last longer after you have completed it... and you will become more relaxed and more calm each time you do the exercise... as if your body developed a memory of how relaxed you now feel... try to be aware of the changes that take place as you end this exercise... and the world comes flooding back in. With practice you will be able to take with you into your everyday life, these feelings of calmness and of relaxation that you have developed as you have gone through this process.

*A lot of people
might not now
how hard I'm
working!*



2. Problem-Solving Skills

Problem-solving skills

▶ Define the problem / opportunity

▶ look at potential causes

▶ brainstorm approaches for resolving problem

▶ select an approach to try

▶ create detailed sequential plan/map for approach.
You may want to consult the Clear Plan Section

▶ monitor / evaluate progress

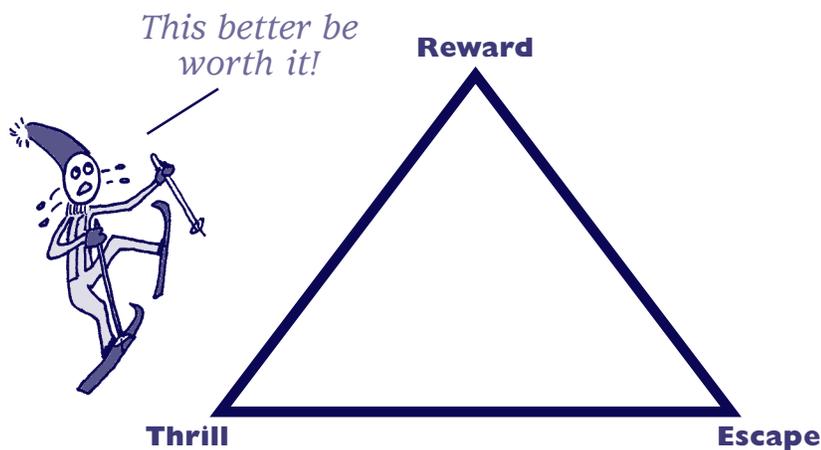
▶ problem solved? (restart process?)

*Yes, but does
this work on
crosswords?*



Functional analysis

Addictive behaviour is often considered a coping behaviour. Viewing your use as a coping response can further clarify what changes and new activities you might choose to concentrate on.



Other functions

- Feeling accepted by others
- relieve craving
- feel relaxed
- high feeling/creative
- feel better about self
- forget
- to express feelings
- feel better
- social comfort
- get to sleep

My use most often functions as:

which I can address by

Others?

-
-
-

4. Community Analysis

Community analysis

The relationship between individual and community / societal health is significant. Individual health may be considered a reflection of community health. In turn, community / societal health can be recognized as the creation of individuals.

Community health analysis

what grade would you give for your community's level of...

- income
- violence
- social support networks
- education
- working conditions
- physical environment
- employment
- social status

The role I want to play in the creation of the structure of the universe is...

ahemmm...
And if that appears unpalatable...

I would like to impact my community by:

- taking out the garbage?
- voting?
- smiling at a neighbour?
- becoming a politician?
-
- paying taxes?
- volunteering?
- putting a plant in my window?
- writing the local newspaper about my concerns?
-

*This oyster is
my world!*



Rating activities

healthy incompatible activities

	gonna do it for sure	hmmm... maybe	No!
rockclimbing			
bungyjumping			
floral arranging			
needlepoint			
paint-by-numbers			
puzzles			
reading science fiction			
reading westerns			
reading national enquirer			
reading crossword puzzles			
writing letters			
painting walls			
making birdhouses			
carpentry projects			
biking			
running			
swimming			
photography			
museum visiting			
art gallery touring			
learning guitar			
playing harmonica			
juggling			
moviegoing			
getting a pet			
cooking			
cleaning			
going to school			
working on vehicles			

- poetry
- keeping a diary
- travelling
- weightlifting
- pole vaulting
- magic tricks
- clothesmaking
- shopping
- tree planting
- wood-carving
- mosaic making
- butterfly collecting
- joke collecting
- aromatherapy
- ceramics
- hiking
- growing food
- cartoon-making
- birdwatching
- meeting with pals
- writing a novel
- metal art
- having a message
- meditating
- gift making
- singing
- used-clothing shopping
- fishing
- kissing
- hockey
- getting up really early

gonna do it for sure

hmmm... maybe

No!

High risk situations: clarification and planning

High risk situations are times when you may be tempted to use substances in excess of your goal (i.e. any amount, if your goal is abstinence). High Risk situations may involve particular emotions, times, people, places. , For example, "After a day at work, when my boss has been a jerk, and traffic is bad... I want some relief... that's how it starts..."

- you are encouraged to detail 3 high risk situations on the following page, along with a coping plan that includes three thinking (self-talk) responses, three "doing" (actual physical behavior) responses, and a useful responsive image you can call on for each high risk situation.

Olympic slalom skiers have been asked how many times they have visualized the course before their medal-winning run. Gold-medal winners reported a significantly higher number of mental rehearsals than even their silver-medal winning peers. Mental rehearsal can be very effective!

"It's hard to create something you don't imagine first"

2. Coping with Cravings

Coping with cravings

Hints

- Create as safe an environment as possible.
- Don't play with cravings; actively cope.
- Think past the temptation of immediate gratification.
- Remember, extinguishing cravings is a natural and necessary part for achieving change.
- Don't identify with the craving, Detach yourself.
- Seek help and talk about it.
- Make yourself a clear plan, rehearse it, stick to it.

Healthy incompatible activities I might utilize to cope with cravings?

- push-ups
- peeling and eating an apple
- writing a letter to Santa Claus
- repeating the mantra "This wave will pass, This wave will pass" out loud
- other:
- other:

*There's got to be a
better way!*



Exercise

High risk situation:

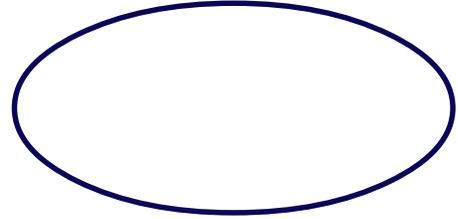
Coping by thinking (self-talk)

- 1.
- 2.
- 3.

Coping by doing (behaviour)

- 1.
- 2.
- 3.

Useful image



High risk situation:

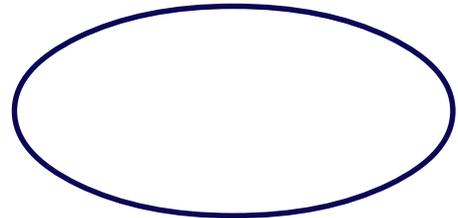
Coping by thinking (self-talk)

- 1.
- 2.
- 3.

Coping by doing (behaviour)

- 1.
- 2.
- 3.

Useful image



High risk situation:

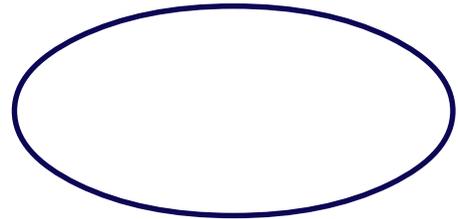
Coping by thinking (self-talk)

- 1.
- 2.
- 3.

Coping by doing (behaviour)

- 1.
- 2.
- 3.

Useful image



Impact of environment

Three specific environments that feel good for me are (or might be):

1. _____
(for example, sitting at my desk looking at the mountains)

2. _____
(for example, an airport departure lounge)

3. _____
(for example, sitting in a buddhist temple)

Some useful ingredients for me in these environments include:

- _____
- _____
- _____

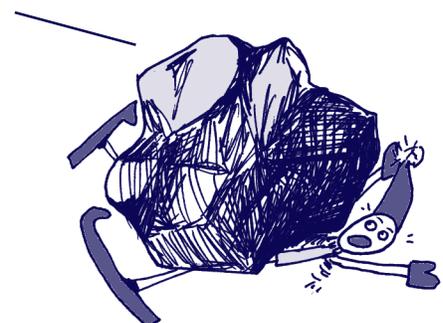
(for example, spirituality, hope, excitement, permanence)

My plan to increase access to these ingredients and environments includes:

(for example, get a little buddha figure, and an airplane model.. and then go to the airport and to a buddhist temple every month)

Notes:

*Can someone
bring me an
environmental
impact form?
Please!*



I. Distinction between a Slip and a Relapse

Distinction between a slip and a relapse

- **A Slip** is considered any use in excess of your using goal (i.e. one drink is a slip if your goal is abstinence). If your goal on Tuesday is to smoke less than 3 cigarettes and you smoke 4... you've had a slip.
- **A Relapse** is returning to the same level and pattern of use. If you return to daily drinking, not sleeping well, arguing with your partner, and missing work when your goal was abstinence, you've relapsed.
- Benefits of the distinction include: supporting slips to not become relapses. While recognizing the real dangers of slipping, by not catastrophizing, you can allow yourself to get back on track.
- Having a "get back on track" plan can be likened to a fire-escape plan. Few would set their house on fire, to see if their escape plan works well. A slip can cause terrible damage and danger. Just as, knowing the "Stop, Drop, and Roll" strategy may save your life in a fire, having your own Back-on-Track plan may be critical in achieving long-term changes you want to make.

2. Back on Track Plan

If I slip, my plan to get back on track includes:

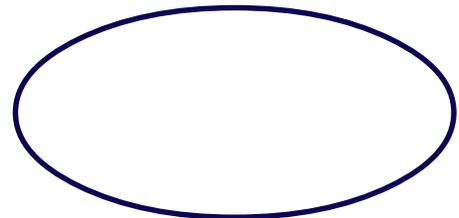
Coping by thinking (self-talk)

1.
2.
3.

Coping by doing (behaviour)

1.
2.
3.

Useful image

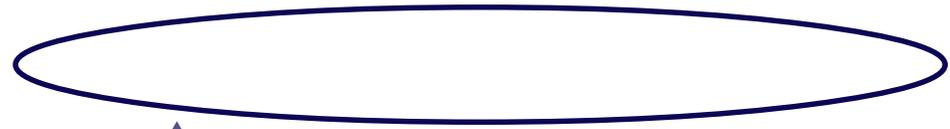


Burger model

You may use this model to visualize the distinction between your goals, a slip and a relapse. You are invited to write on this page in any way that may be helpful to you.

Goal Land

(achieving social / community / emotional / learning, spiritual / ethical, activity / occupational, family / home, and physical goals)

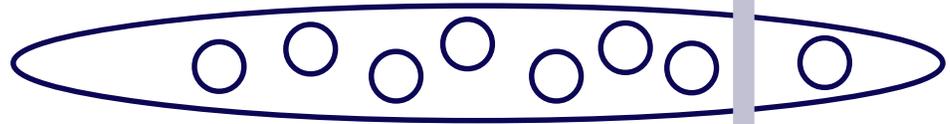


Back on track plans



Slip Land

(beyond using goals)

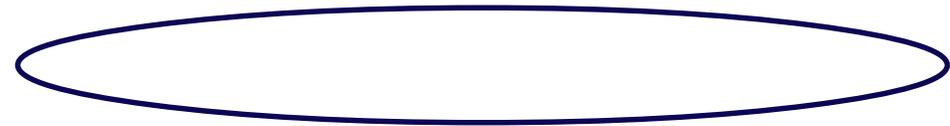


Beating yourself up



Relapse Land

(same using patterns)



It may be useful to recognize Slip Land as a dangerous place to hangout, scattered with holes through to relapse land where a long climb to goal land may exist.

I. Exercise

Exercise

What exactly do I want to do?

[Empty text box for describing the exercise goal]

Why do I want to do this?

[Empty text box for explaining the motivation for the exercise]

How am I going to do this? What are my specific steps?

- 1.
- 2.
- 3.
- 4.
- 5.

Are there parts of this that need their own clear plans and/or steps?

[Empty text box for identifying sub-goals or sub-plans]

How will I monitor my progress (the self-monitoring module may be useful)

[Empty text box for describing progress monitoring methods]

When will I review this plan and consider improvements to it?

[Empty text box for scheduling plan reviews]

Self-monitoring form

This form may be used to monitor any behaviour you may want to attend to (for example, smoking, violence, exercise)

Day	Time	Behaviour	Feelings before	Feelings after

Sources

- Centre for Addiction and Mental Health. *Low Risk Drinking Guidelines* at http://www.camh.net/about_addiction_mental_health/low_risk_drinking_guidelines.html
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