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GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

An Integrated Group Cognitive Behavioral
Therapy for Co-Occurring Depression and
Alcohol and Drug Use Problems

*Kimberly A. Hepner • Ricardo F. Muñoz • Stephanie Woo • Karen Chan Osilla
Shelley H. Wiseman • Katherine E. Watkins*

Sponsored by the National Institute on Drug Abuse

The research described in this report was sponsored by the National Institute on Drug Abuse and was conducted in RAND Health, a division of the RAND Corporation.

The authors adapted this publication (with contributions from Dina Daleo and John Sheeche) from the May 2000 revision of the "Manual for Group Cognitive Behavioral Therapy for Major Depression: A Reality Management Approach" by Ricardo F. Muñoz, Chandra Ghosh Ippen, Stephen Rao, Huynh-Nhu Le, and Eleanor Valdes Dwyer with their permission.

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Thoughts, Alcohol/Drug Use, and Your Mood



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This is your book to keep. Feel free to write in it.

This workbook belongs to:

(Name)

(Date)

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SESSION 1: THOUGHTS CAN BE HARMFUL OR HELPFUL

PURPOSE

- Learn about this group, depression, and alcohol/drug use problems.
- Learn that there are connections among thoughts, depression, and cravings. (A “craving” is the desire to drink or use.)
- Learn that thoughts can be harmful or helpful to you.

OUTLINE

Welcome

How Have You Been Feeling?

Group Rules

Announcements

Introductions

What Is Depression?

What Are Alcohol/Drug Use Problems?

What Is Cognitive Behavioral Therapy (CBT)?

Review

New Topic: Thoughts Can Be Harmful or Helpful

Thoughts Are Sentences We Tell Ourselves

Identify Your Harmful Thoughts

Examples of Harmful Thoughts

Examples of Helpful Thoughts

Key Messages

Practice

Feedback

Looking Ahead

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

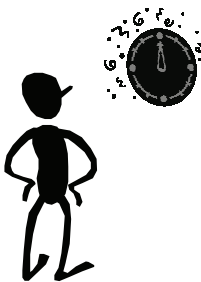
You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



GROUP RULES

1. Come to every group meeting. Important and useful new ideas will be discussed at each group session. The sessions will give you new tools that you can use to help your recovery from depression and alcohol/drug use. This is why it's so important to come to each group meeting. If you can't make it, call us at this number:

(_____) _____ - _____ (Contact number)



2. Come to group meetings on time.

3. Do not come to group under the influence of alcohol or drugs.

For the benefit of the group, you will be asked to leave the session if you are under the influence.

4. Maintain the confidentiality of the group.

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

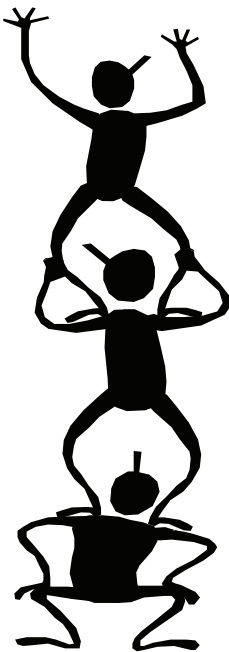


First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

Second, if group leaders hear something that makes them think your health or safety is in danger they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.

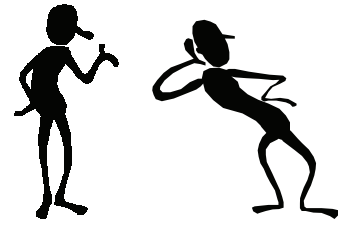


5. Be respectful and supportive of others in the group.

The group is based on respect for all people. If you have a problem with another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.

You may find that other group members have had experiences similar to yours, but feel differently about them. That's OK—it is important to respect each person's opinion.

6. Find a balance between talking and listening.



You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.

Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

7. Know that you don't have to share everything.

8. Practice. Practicing on your own will help you learn how to use the skills you learn in group and make it more likely that you will get well.

9. Tell us if you are unhappy with the group or your treatment.



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary. For example, if the next session is scheduled on a day that is a holiday, the day of that session may be changed. During this time, you will have a chance to tell the group leader ahead of time if, for example, you need to be late for a session.

Is there anything you would like to let the leaders know about?



INTRODUCTIONS

Group Leaders

Your group leaders are:

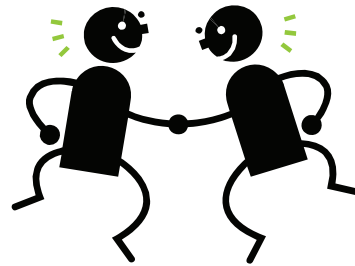
_____ (_____) _____
(Name) (Contact number)

_____ (_____) _____
(Name) (Contact number)

In an emergency (for example, if you are having thoughts of hurting yourself), **call 911**.

Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.



Now group members will introduce themselves. We will be talking about your experiences with depression and drinking/using later in the session. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then **choose one or two of the following** subjects to talk about:

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special

WHAT IS DEPRESSION?



What is depression like for you?

Feel free to write notes to yourself anywhere in your workbook. In some places, there is extra space for your notes.

Depression Is:

- More than a passing sadness or bad mood.
- A period of feeling very sad that lasts a long time and that makes it hard to do daily activities.
- Possible at any point in your life.
- A possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more:

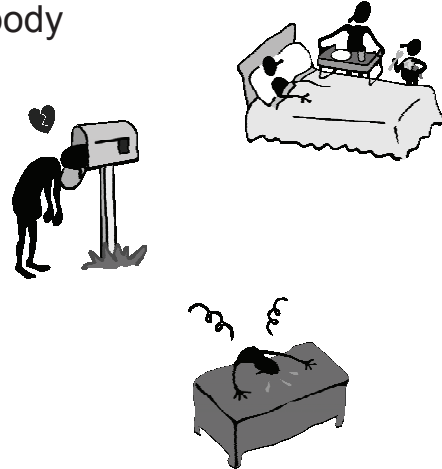
The Nine Symptoms of Depression

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.

What was happening in your life when you most recently got depressed?

Possible Triggers for Depression

- Use of alcohol or drugs
- Being sick with medical problems or in pain
- Biological/chemical imbalance in your body
- Financial/money problems
- Losing someone you love
- Upsetting things happening, or ongoing problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time
- Living with people who are addicts



***Did
you know***

Depression is Common

- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.
- Depression is the #1 cause of disability in the United States. (“Disability” is the inability to carry out daily living activities.)

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by the Guilford Press, 2005.

WHAT ARE ALCOHOL/DRUG USE PROBLEMS?

Common problems of alcohol/drug use:

- Conflicts with other people, including family members.
- Problems at work or school, or difficulty keeping a job.
- Financial problems.
- Physical symptoms or health problems, or existing health problems becoming worse.
- A tolerance for the alcohol or drugs so that you require more to get the same “high.”
- Not being able to stop on your own.
- Withdrawal symptoms (such as shakiness, feeling sick to your stomach, headaches, or fatigue) when you don’t use that are relieved when you use again.
- Memory problems.
- Legal problems (such as an arrest for driving under the influence—DUI; arrest for possession or use of illegal drugs; or not meeting your financial obligations).

What would your life look like if you stopped drinking/using and your mood improved? Write your ideas below.





*Did
you know*

Many Americans Don't Drink

34% of men and 44% of women in the United States do not drink alcohol.

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by The Guilford Press, 2005.

WHAT IS COGNITIVE BEHAVIORAL THERAPY?

This treatment provides a specific kind of help—cognitive behavioral therapy, or CBT for short—to people who are depressed and who have problems with alcohol/drug use. Depression and alcohol/drug use problems often go together, so it makes sense to treat them together.

CBT teaches skills to help you change your thoughts and behaviors to improve the way you feel and support your recovery. This approach does not mean that your thoughts and behaviors caused your depression and alcohol/substance use in the first place.

CBT can help you “manage” your depression and your recovery. “Managing” means to:

- Make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
- Learn ways to prevent getting depressed again and to stay free of alcohol/drugs, despite real life problems.
- Learn what thoughts, feelings, activities, and people interactions make it more likely you will get depressed or use. They are your “triggers.”

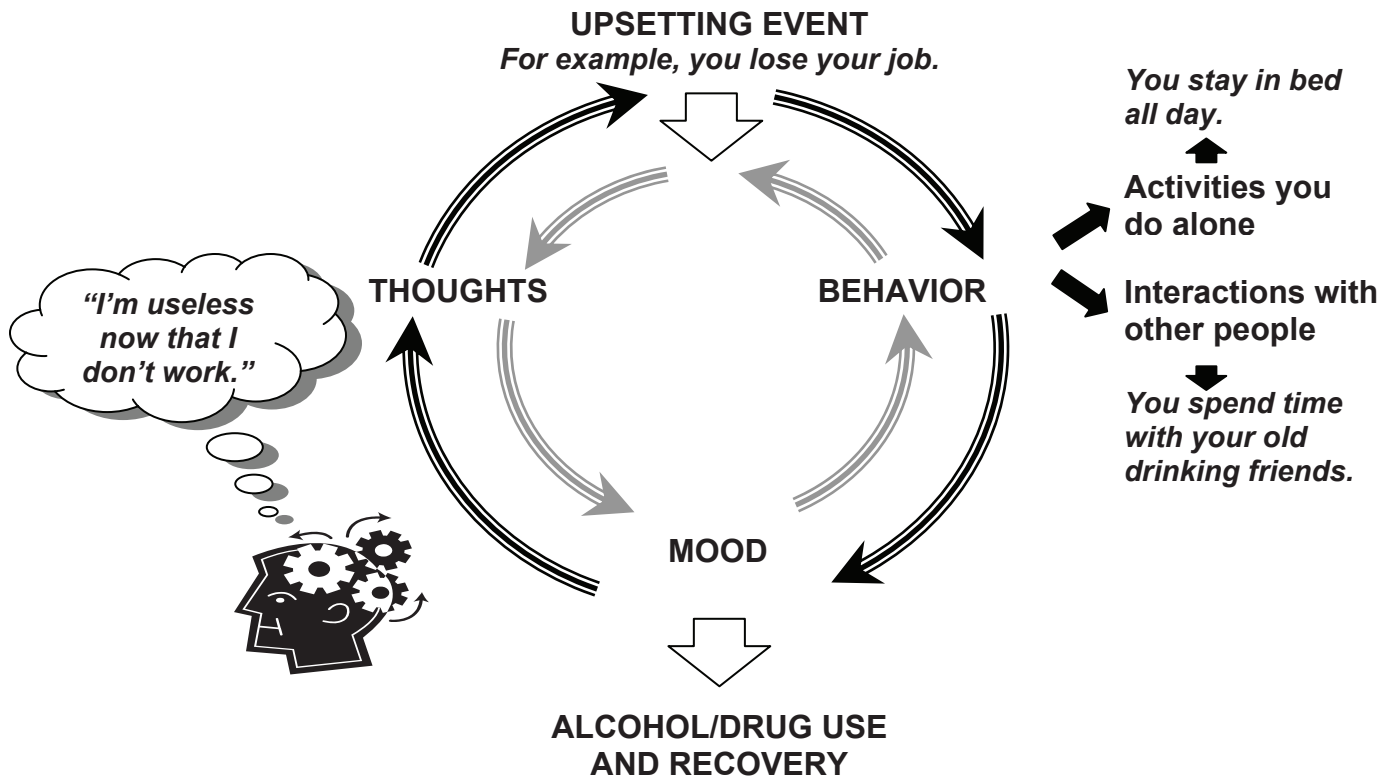
What does the name “Cognitive Behavioral Therapy” mean?

Cognitive refers to **your thoughts**.

Behavioral refers to **how you act** or **what you do**. In CBT, when we talk about behavior, we mean what activities you do and how you interact with other people.

One way to think of CBT is that it teaches healthy ways to manage your depression and your recovery. Managing your depression and your recovery means to make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.

The CBT Circle



CBT helps you break the destructive cycle of depression and can help you manage your cravings by teaching you that for each of these factors—thoughts, activities, and people interactions—there is a part that you can manage and change. Also, because they are connected, changes in one area can affect the other areas.

This CBT treatment program is organized into 18 sessions.

- **Thoughts** module = 6 sessions
- **Activities** module = 6 sessions
- **People** module = 6 sessions

Total CBT = 18 sessions

The Serenity Prayer



**“God, grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.”**

CBT has something in common with the Serenity Prayer. It teaches that, even though you cannot change everything in your life, you can choose **how you think** about events and **how you react**.

“*Changing the things I can*” involves **thinking** and **doing**:

- Changing how you **think** about things, and
- Changing what you **do** to respond.

In this module, we will talk about the power of your thoughts and their important connection with depression and alcohol/drug use. You can learn how to manage your thoughts to feel better and support your recovery.

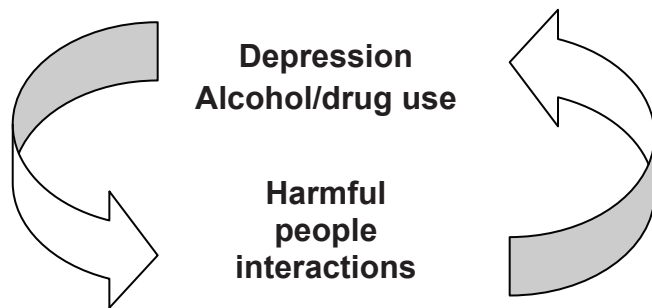
The goal of CBT is to help you get closer to what you imagine your life would be like without depression and without drinking/using. The group will focus on practical strategies to improve things right now, and will teach you skills that you can continue to use even after the group ends.



REVIEW

Last Module

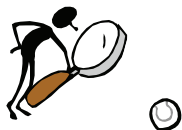
- What do you remember most from the last module?
- What did you learn that was most helpful, in terms of improving your mood and supporting your recovery?
- What was less helpful?



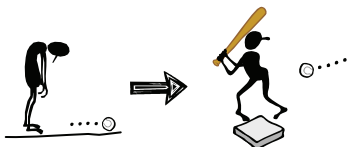
The key take-home messages from the last module were:



1. You can **catch**, or notice, your people interactions.



2. You can **check**, or examine, your people interactions to see if they help you or harm you. A helpful people interaction is healthy for you—it makes you feel good and supports your recovery.



3. You can change the harmful people interactions that get in the way of your good mood and recovery, and choose helpful people interactions instead.

Practice

If you were part of the CBT group for the last module (“People, Alcohol/Drug Use, and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

- 1. Keep using Catch It, Check It, Change It.***
- 2. Find a place to keep your coping card.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: THOUGHTS CAN BE HARMFUL OR HELPFUL

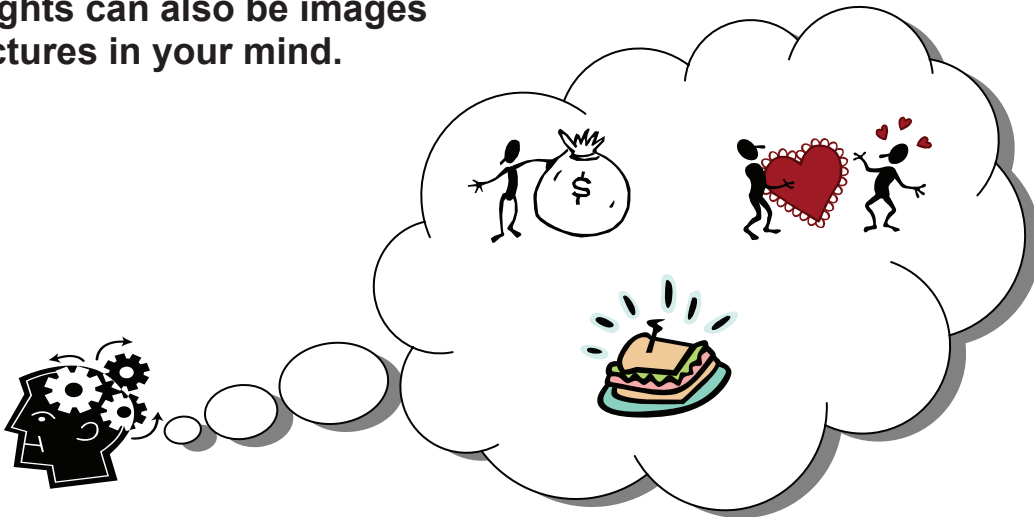
Thoughts Are Sentences We Tell Ourselves

- I did a good job at work today.
- I will never amount to anything.



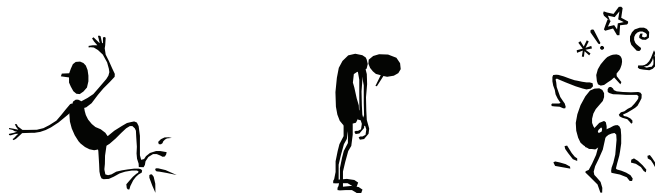
I will wear my blue shirt tonight.
My throat is a little sore.
This job is taking too long.
Today is Thursday.
I can't wait until lunch.
That movie was really funny.
I can't handle this without drugs.

Thoughts can also be images or pictures in your mind.



Feelings are emotions or moods. They can usually be described with one word.

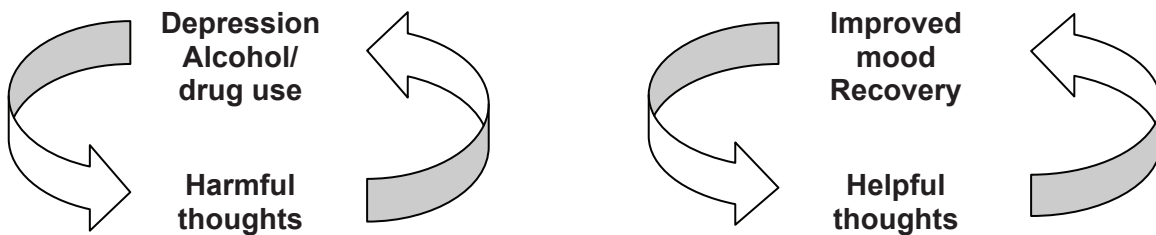
- Happiness
- Sadness
- Anger
- Shame
- Guilt



In this workbook we talk about “**harmful**” and “**helpful**” thoughts. These terms are just shortcuts—a thought is not good or bad, harmful or helpful, all by itself. The power of thoughts is in how they make you feel and act.

A thought that brings your mood down or makes you want to drink or use is ***harmful to you***.

A thought that lifts your mood or supports your recovery is ***helpful to you***.



Identify Your Harmful Thoughts

Try to remember a time in the last week when you **felt really low**. You may have felt unsure of yourself, sad, or angry. Close your eyes and picture yourself in the situation you were in then. What thoughts were going through your mind at the time you felt low?

Write your thoughts.

Try to remember a time in the last week when you **felt like drinking or using**. Close your eyes and try to picture yourself in the situation you were in then. What thoughts were going through your mind at the time you felt like drinking or using?

Write your thoughts.



As you practice noticing your thoughts, you may find it interesting that not all of the thoughts you have are completely true or helpful. That's ok for now. Later on, we will work on questioning thoughts and changing some thoughts to improve your mood. Like learning any new skill, recognizing and changing harmful thoughts will take some practice.

Examples of Harmful Thoughts

1. I have wrecked my body.
2. My children's problems are my fault.
3. I have worked hard, so I deserve a drink.
4. I have wasted my life.
5. I am weak.
6. Nobody loves me.
7. I'll end up living all alone.
8. I have secrets I can never tell.
9. I had one drink so I might as well keep going.
10. It's no use to try.
11. I am stupid.
12. I am a burden to others.
13. Anybody who thinks I'm nice doesn't know the real me.
14. I'll never get my kids back.
15. I am ugly.
16. I can't express my feelings.
17. I'll never find what I really want.
18. I can't cope with my problems without using.
19. I am worthless.
20. I can't handle this unless I have a drink (or fix or joint).
21. Everything bad always happens to me.
22. My kids hate me.
23. I don't have what it takes.
24. Nobody knows what I have been through.
25. I'll never get over this depression.
26. Things are so messed up that doing anything is pointless.
27. I don't have enough willpower.
28. I've messed up my kids.
29. I wish I were dead.
30. There is no point in getting out of bed.
31. Things are just going to get worse.
32. One drink or hit won't hurt.
33. No matter how hard I try, it is never good enough.
34. Life is unfair.
35. My kids will never forgive me.
36. If I don't see my friends who use, I won't have any friends.
37. I can't provide for my family.
38. I can't control my bad temper.
39. I have wasted my life because I have used drugs or alcohol.
40. I will never have fun again.
41. If I have a relapse, all my hard work for recovery will be wasted.
42. I will always be alone.
43. I don't want to know how bad my health is.
44. I'm ashamed of myself.
45. I don't feel like going to group.

What are your harmful thoughts?

46. _____

47. _____

48. _____

Examples of Helpful Thoughts

1. It will be fun going to a movie today.
2. It is OK to be good at a few things and not everything.
3. The weather is great today.
4. I did better than I thought.
5. Things are bad right now, but I can do things to make them better.
6. Today is a new day.
7. That was probably a reasonable solution to a tough problem.
8. I am taking a positive step in life by taking care of myself.
9. I am going to give myself credit for trying hard.
10. That was a nice thing for me to do.
11. Today I was there for my kids.
12. I feel healthier now that I haven't been using for a while.
13. It is nice not having to fake being sober—I really am.
14. I can do just about anything if I set my mind to do it.
15. I have great hopes for the future.
16. I have good self-control.
17. Staying sober is a learning process and I am up for the challenge.
18. I handled that situation really well.
19. People are OK once you get to know them.
20. I like to read.
21. I'm easy to get along with.
22. If I can just hold on until [a certain date] I'll be OK.
23. A relaxing evening without using can be enjoyable.
24. I have worked long enough—now it's time to have fun.
25. I'm considerate of others.
26. I have time to accomplish most things I want to do.
27. Someday I'll look back on today and smile.
28. I'm working hard to get my kids back.
29. I can find the strength to handle whatever comes up.
30. I'm a good parent/friend/spouse.
31. I'm a sensitive person.
32. I'm honest.
33. I could probably handle a crisis as well as anyone else.
34. Just because I had one slip does not mean that I can't stay sober.
35. I can be responsible.
36. My experiences have prepared me well for the future.
37. I can begin to change my life today.
38. I'm pretty smart.
39. I can choose to change the future.
40. I am looking forward to that event.
41. I am doing the best I can.
42. I was able to turn down drugs when that person offered them to me.
43. I didn't have even one drink last week.
44. There are things I am grateful for today.
45. If I practice new skills, I can learn to say no to alcohol/drugs.

What are your helpful thoughts?

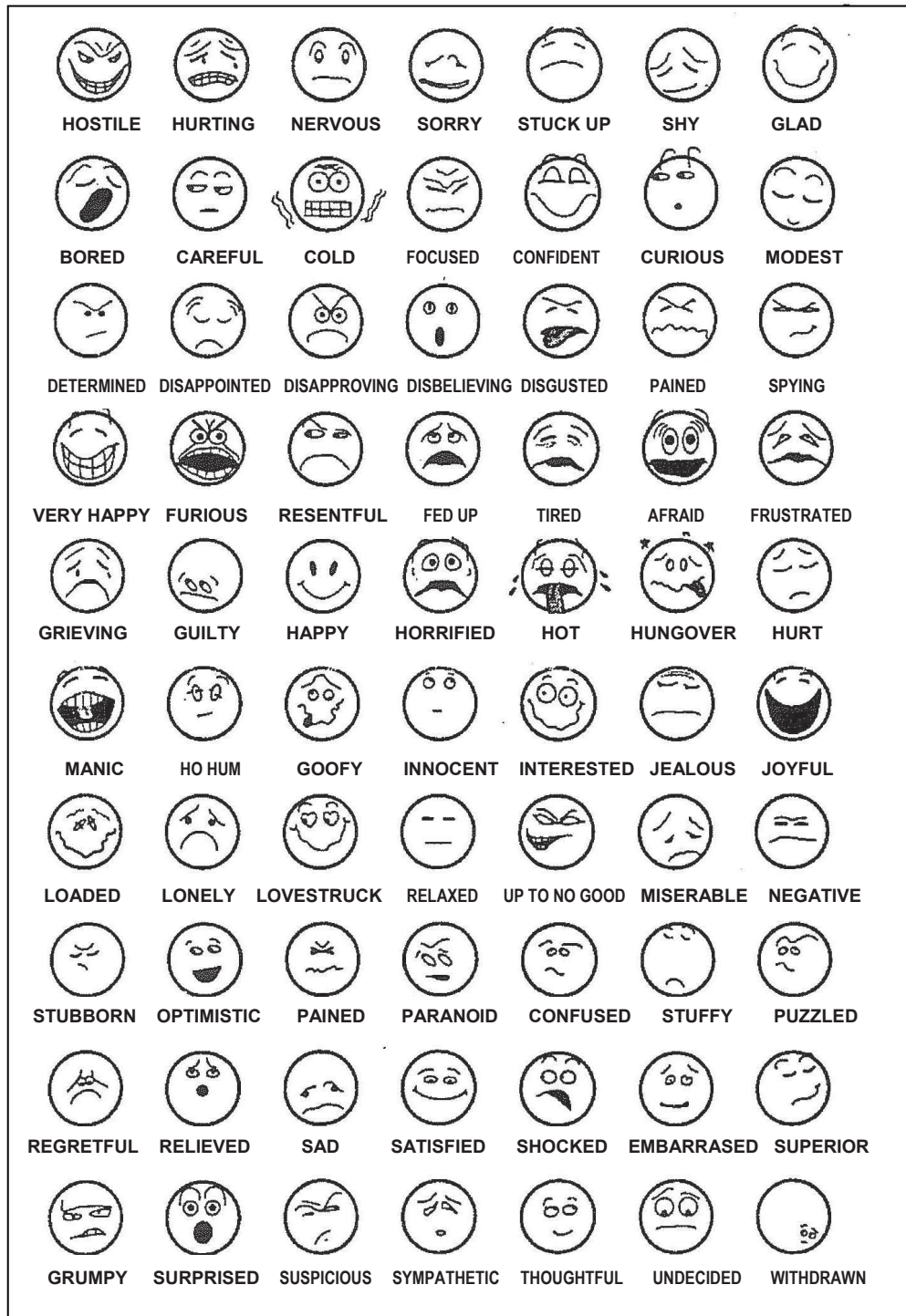
46. _____

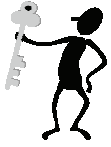
47. _____

48. _____

Examples of Feelings and Ways of Being

Do the pictures help you remember how you feel sometimes?





KEY MESSAGES

Key messages from this session include:

- A thought is a sentence you say to yourself or a picture in your mind. A feeling is an emotion or mood.
- Thoughts are helpful or harmful to you depending on how they make you feel.
- You can learn to notice or “catch” your harmful thoughts.



What do you want to remember about this session?
Write your own key messages here.



PRACTICE

This treatment will be successful for you if you learn skills for managing your mood and other coping skills you could use during challenges to your recovery. You will need to practice, just as you would if you were learning to play the piano or a new sport. If you don't practice the skills, you won't learn them. But the more you practice them, the more naturally you will use them, so that eventually you will do it even without making an effort.



Each session's practice will consist of one or more short activities that everybody in the group will try. This session's practice is:

1. Write down your thoughts each day.

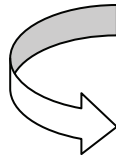
- Use one separate card for each day (using either the separate index cards or the “cards” printed in your workbook).
- Write the day of the week on the cards. For example, if you start tracking your thoughts for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
- Mark one side of the first day's card with a minus sign (-) and write 4–5 negative (harmful) thoughts that you have that day. Mark the other side of the card with a plus sign (+) and on that side write 4–5 positive (helpful) thoughts that you have on the same day. You can look back at the lists of harmful and helpful thoughts for examples.
- Bring your cards with you to the next session.



2. Track your mood and coping using the Daily Check In. The Daily Check In and instructions for how to use it are on the next page. The scale provides a “quick” way for you to keep track of your moods and how well you coped with challenges to your recovery. Try to complete the Daily Check In at the same time each day—for example, before you go to sleep each night. As the treatment progresses and as you practice the skills you learn in each session, you will probably find that your mood improves and that you can cope well with challenges to your recovery.

Example

Thoughts, Day 1	—	
Wednesday		
<hr/>		
(Write in the day of the week.)		
Trying to stay sober is impossible.		
		

Flip the card over



Thoughts, Day 1	+	
Wednesday		
<hr/>		
(Write in the day of the week.)		
Getting sober can be tough. But I will take things one day at a time and try my best.		
		

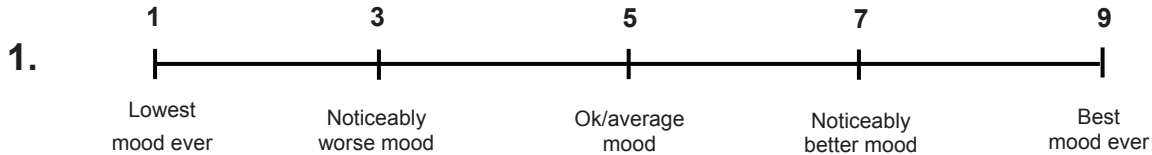
DAILY CHECK IN



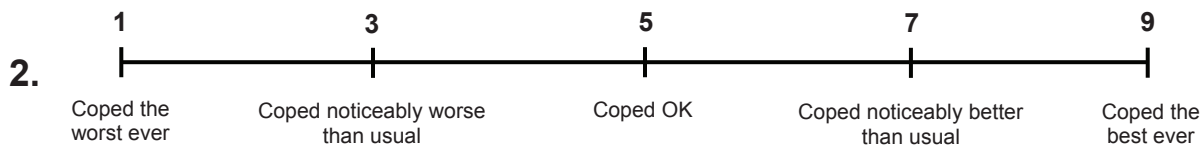
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? Circle "Yes" or "No" at the bottom.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



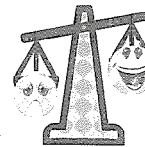
Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	



Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	

3. Write in the day of the week.	_____	_____	_____	_____	_____	_____	_____
Were you able to notice your harmful thoughts each day?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No

DAILY CHECK IN



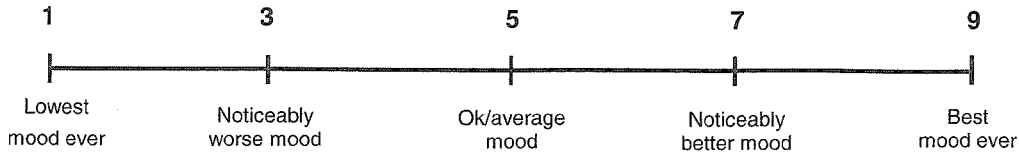
Instructions

Today's Date: Oct. 24, 2007

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to know how you have felt each day. There are no wrong answers. Only
- Did you notice your thoughts? Circle
- If you want to track your mood and how you coped with challenges to your recovery for a time longer than a week, write down your ratings on a calendar.

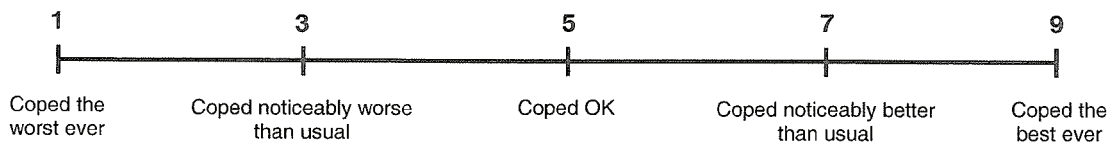
Sample

1.



Write in the day of the week.		<u>W</u>	<u>Th</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>	<u>M</u>	<u>Tues</u>
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	1


2.





Write in the day of the week.		<u>W</u>	<u>Th</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>	<u>M</u>	<u>Tues</u>
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	1


3.


Write in the day of the week.	<u>W</u>	<u>Th</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>	<u>M</u>	<u>Tues</u>
Were you able to notice your harmful thoughts each day?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No


Thoughts, Day 1	-	
<hr/>		
(Write in the day of the week.)		


Thoughts, Day 1	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 2	-	
<hr/>		
(Write in the day of the week.)		


Thoughts, Day 2	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 3	-	
<hr/>		
(Write in the day of the week.)		


Thoughts, Day 3	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 4 — 


(Write in the day of the week.)


Thoughts, Day 4 + 


(Write in the day of the week.)


Thoughts, Day 5 — 


(Write in the day of the week.)

Thoughts, Day 5	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 6	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 6	+	
<hr/>		
(Write in the day of the week.)		

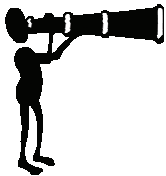
Thoughts, Day 7	—	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 7	+	
<hr/>		
(Write in the day of the week.)		



FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What was difficult about today's session?
- What suggestions do you have to improve your treatment?
- If you are continuing CBT from a previous module, how have you made changes since beginning the group?



LOOKING AHEAD

In Session 2, we will talk more about how your thoughts, mood, and alcohol/drug use are connected.



SESSION 2: YOUR THOUGHTS, MOOD, AND ALCOHOL/DRUG USE ARE CONNECTED

PURPOSE

- Understand that your thoughts can affect your feelings and your feelings can affect your thoughts.
- Understand that catching and managing your thoughts can help you manage your mood and your cravings to feel better.
- Begin to notice, or “catch” your thoughts.

OUTLINE

Announcements

Review

New Topic: Your Thoughts, Mood, and Alcohol/Drug Use Are Connected

What You Think Affects How You Feel

How Does Your Mood Affect Drinking/Using?

How Does Drinking/Using Affect Your Mood?

The “Oh, Whatever” Effect

You Can Learn to Notice Your Thoughts

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



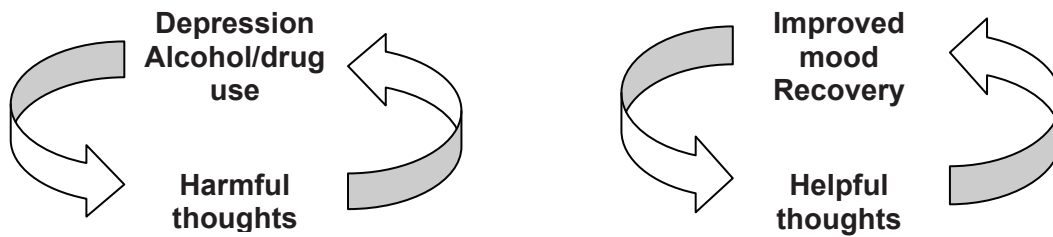
REVIEW

Last Session

Key messages from last session are:

- A thought is a sentence you say to yourself or a picture in your mind. A feeling is an emotion or mood.
- Thoughts are helpful or harmful to you depending on how they make you feel.
- You can learn to notice or “catch” your harmful thoughts.

Today we will talk more about the links among your thoughts, mood, and cravings.



Practice

Last session, we asked you to complete these practice activities. How did your practice go?

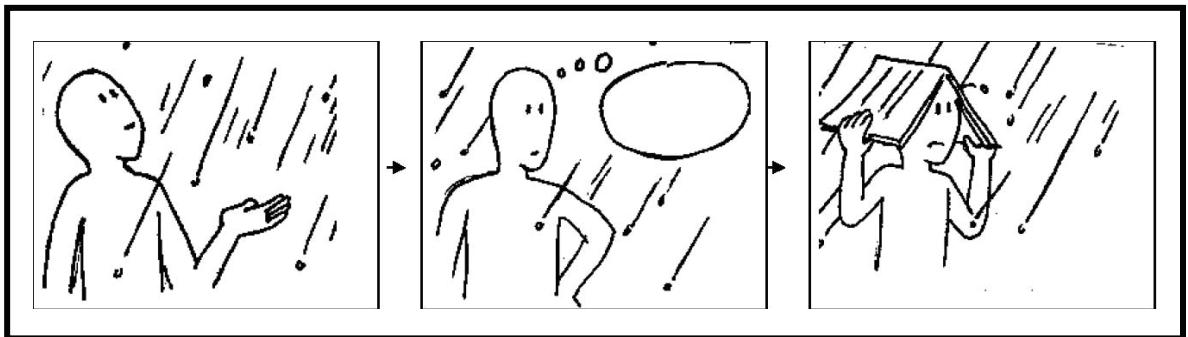
- 1. Write down your thoughts each day.***
- 2. Track your mood and coping using the Daily Check In.***

NEW TOPIC: YOUR THOUGHTS, MOOD, AND ALCOHOL/DRUG USE ARE CONNECTED

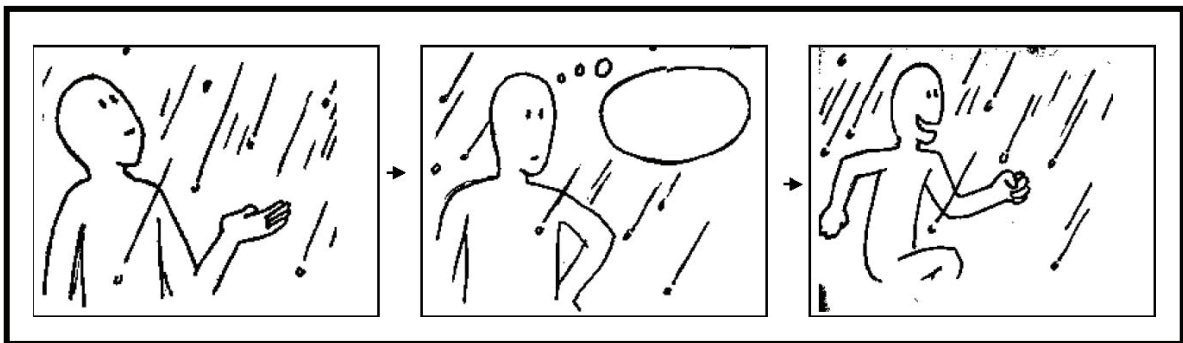
What You Think Affects How You Feel

Look at the cartoons below. What do you think the person is thinking in each cartoon? (There are no right or wrong answers.)

1.



2.

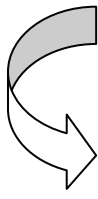


- The person was faced with the same reality in both cartoons: it is raining.
- The person's mood was different in the two cartoons.
- Why did the person have different moods?

Your mood can be improved and your cravings decreased by how you think and how you react to what happens in your life.

How Does Your Mood Affect Drinking/Using?

Let's find out how your mood affects your use of alcohol/drugs.
Can you remember a time when you...



Depression

- Felt down or depressed?

and then

- Used alcohol or drugs, even though you were trying not to?

1. What feelings were you having **before** you used alcohol/drugs? (For example, were you feeling sad, anxious, fearful, guilty, ashamed, angry?)



2. What **thoughts** were you having **before** you used alcohol/drugs? (For example, “What’s the point of trying anymore?”)



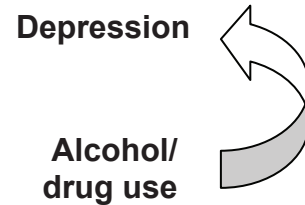


What do you notice about the connections between your thoughts and feelings, and your decision to drink or use?

How Does Drinking/Using Affect Your Mood?

Just as your mood can affect your use of alcohol or drugs, using alcohol or drugs can affect your mood. Are you more likely to feel down after using alcohol or drugs?

Recall a time when you used alcohol or drugs. ***Now think about how you felt after you used alcohol/drugs (when the high wore off).***



1. What **feelings** did you have? For example, did you feel sad, ashamed, guilty, hopeless, irritable, or down on yourself?





2. What **thoughts** did you have? Can you remember a specific thought? For example, “I will always be a drunk” or “I keep messing up” or “I’ll never be clean, I might as well keep using,” or “I deserve to suffer the rest of my life because of all the bad things I have done.”

3. Did you notice changes in:

- How your body felt? Appetite? Sleep?
 Energy level? Your ability to think and make decisions?



What do you notice about the connections between your decision to use alcohol or drugs and your thoughts and feelings?

The “Oh, Whatever” Effect

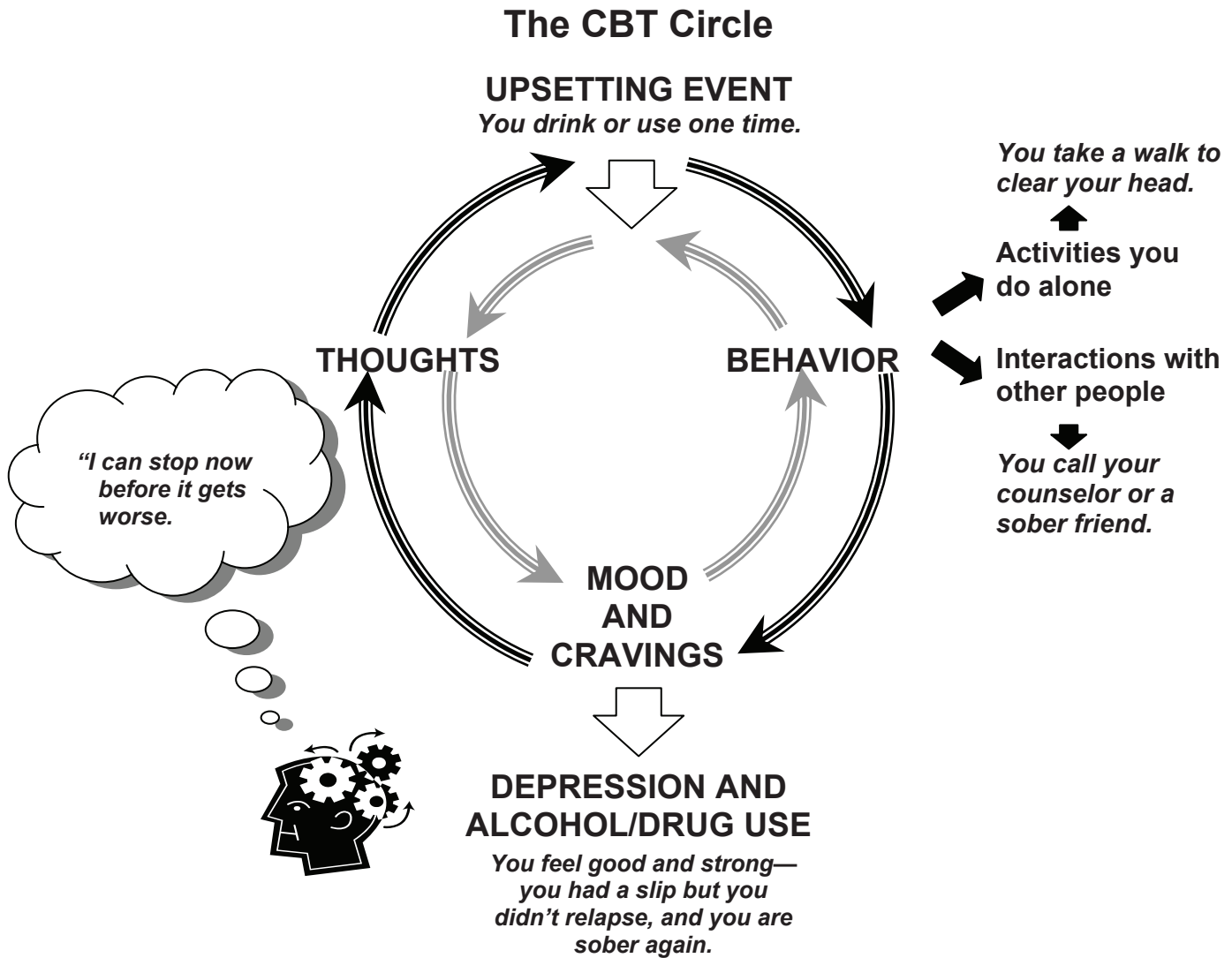
Has this ever happened to you?

Pat is trying to quit drinking or using. Pat has been in recovery for awhile. But one day Pat thinks, “Just one drink or hit won’t hurt, I deserve it” and Pat has a drink or uses. Pat then feels bad, ashamed, and guilty. Instead of stopping after one mistake, Pat says, “Oh, whatever, I already blew it” and continues to drink or use. Pat enters the destructive cycle of harmful thoughts, feelings, and behavior.

We call this the “Oh, Whatever” effect.

What could you do next time instead of saying “Oh, whatever”?

You can use the cycle of *helpful thoughts* and behavior to help you resist your cravings.



You Can Learn to Notice Your Thoughts

CBT teaches you how to manage your thoughts to improve your mood and support your recovery. But many people find that it is difficult to know what their thoughts are in the first place!

You have been practicing how to notice, or “**catch**,” a thought. The next steps will be to “**check**” the thought out and then “**change**” the thought if it is harmful to you. We call this approach Catch It, Check It, Change It. A summary of what it means to “catch,” “check,” and “change” a thought is presented on the next page. “Catch It, Check It, Change It” will be explained in further detail and practiced later in this module.



1. Catch It

The first step is to notice—or “catch”—your thoughts.

If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on what you are thinking. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself some questions.



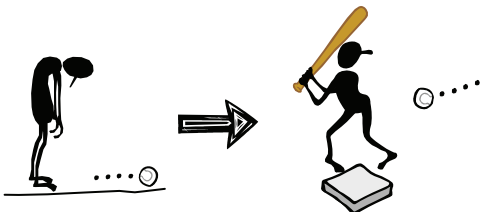
- What thought was I having when I noticed a change in my mood?
- What was happening at the time?



2. Check It

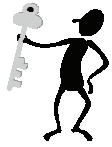
CBT will teach you to examine your thought more closely. What evidence do you have against your thought being true? How could your thought be more accurate (i.e., true), complete (i.e., includes all the facts?), and balanced (i.e., fair and accurate)?

3. Change It



How could you change your harmful thought? What helpful thought could replace your harmful thought?

If you find it hard to believe your helpful thought to be true, this is normal and will get easier with time.



KEY MESSAGES

Key messages from this session include:

- You can use your helpful thoughts to improve your mood and decrease your cravings.
- Your mood can affect your drinking/using.



ALCOHOL/DRUG USE

- Drinking/using can affect your mood.

ALCOHOL/DRUG USE





What do you want to remember about this session?
Write your own key messages here.



PRACTICE

1. Write down your thoughts each day.

2. Track your mood and coping using the Daily Check In.

Notice at the bottom of the Daily Check In a place where you answer “Yes” or “No” to whether you were able to notice your harmful thoughts each day. Of course you won’t notice every thought that you have in the course of a day—but try to become more aware of what your thoughts are when you are more depressed. Eventually, you may notice that on the days when you have fewer negative thoughts, your mood will be better.

DAILY CHECK IN

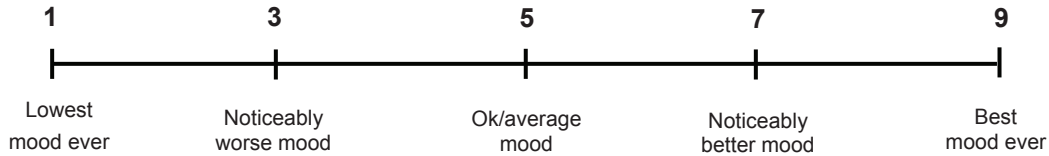


Instructions

Today's Date: _____

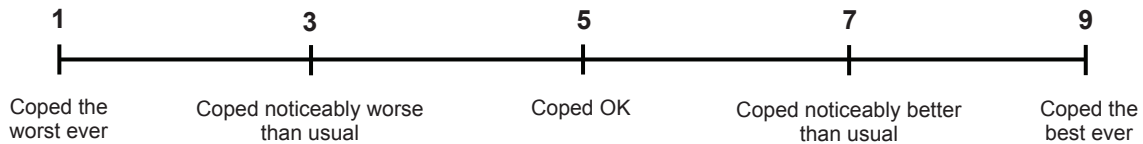
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? Circle "Yes" or "No" at the bottom.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1


2.





Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
	Coped the worst ever	3	3	3	3	3	3
	2	2	2	2	2	2	
	1	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____	_____
Were you able to notice your harmful thoughts each day?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No

Thoughts, Day 1	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 1	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 2	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 2

+



(Write in the day of the week.)

Thoughts, Day 3

-



(Write in the day of the week.)

Thoughts, Day 3

+



(Write in the day of the week.)

Thoughts, Day 4

—



(Write in the day of the week.)

Thoughts, Day 4

+




(Write in the day of the week.)


Thoughts, Day 5


—





(Write in the day of the week.)

Thoughts, Day 5	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 6	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 6	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 7	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 7	+	
<hr/>		
(Write in the day of the week.)		



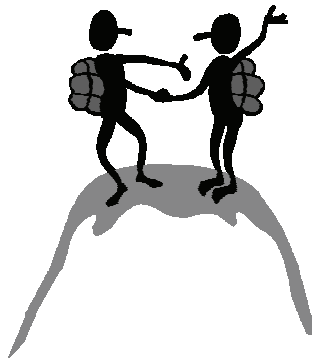
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

We have talked about how to catch your thoughts. In Session 3 we will begin to talk about how to “check” your thoughts to evaluate whether they are completely true.



SESSION 3: HOW TO IDENTIFY HARMFUL THOUGHTS

PURPOSE

- Identify some common habits of harmful thinking.
- Notice your own habits of harmful thinking.
- Learn to manage your thoughts using “Catch It, Check It, Change It.”

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: How to Identify Harmful Thoughts

 Common Habits of Harmful Thinking

 Harmful Thoughts Are Not Accurate, Complete, and Balanced

 Catch It, Check It, Change It

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



REVIEW

Last Session

Key messages from last session were:

- You can use your helpful thoughts to improve your mood and decrease your cravings.



- Your mood can affect your drinking/using.



ALCOHOL/DRUG USE

- Drinking/using can affect your mood.

ALCOHOL/DRUG USE



Practice

At the end of the last session, we asked you to do the following practice activities.


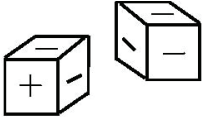
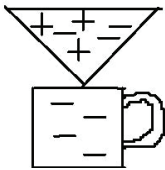
- 1. Write down your thoughts each day.***
- 2. Keep track of your moods and coping on the Daily Check In.***

NEW TOPIC: HOW TO IDENTIFY HARMFUL THOUGHTS



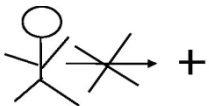


Common Habits of Harmful Thinking

Many people think in the harmful ways described below. Which categories describe your habits of harmful thinking?

Symbol	"Catch" the thought—does it fit the common habits of harmful thinking?	"Check" the thought—examine it to see if it is harmful or helpful
	<p>All-or-Nothing Thinking</p> <p>Can only be at one end of the scale, top or bottom. Black or white. All good or all bad. Best or worst. Perfect or a failure.</p> <p>Examples:</p> <ul style="list-style-type: none"> • I am not capable of loving. • I can't express my feelings. 	<p>Are there shades of gray? Maybe a more accurate thought is somewhere in the middle. Try to think in a more balanced way.</p>
	<p>Pessimism</p> <p>Believing negative things are more likely to happen and positive things are never or hardly ever going to happen</p> <p>Example:</p> <ul style="list-style-type: none"> • Why bother talking to the doctor; he/she probably can't help me. ▪ Why try to stop using? I'll never stop. 	<p>Why choose to believe that negative things are more likely to happen? Are you really giving positive and negative things an equal chance?</p>
	<p>Negative Filter (Ignoring the Positive)</p> <p>Only remember negative events. Filtering out positive events.</p> <p>Examples:</p> <ul style="list-style-type: none"> • I can't work, so I am useless. • If we lose, it will be all my fault. • Nothing good happened to me this week. • My life is worthless if I can't see. 	<p>Is it true that there is nothing positive about your situation?</p>

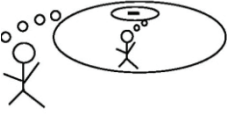
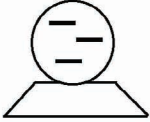
Common Habits of Harmful Thinking

Symbol	Category	Examination
	<p><i>Exaggerating</i></p> <p>Exaggerating problems and the possible harm they could cause, and underestimating your ability to deal with them. Making a “mountain out of a mole hill.”</p> <p>Examples:</p> <ul style="list-style-type: none"> • I can’t stand it. • I will never be able to complete this task. 	<p>How big is the problem really? Where is it likely to lead? How might you deal with the problem?</p>
	<p><i>Labeling (either yourself or others)</i></p> <p>Attaching a negative label, instead of seeing an error or problem. Labels can become self-fulfilling prophecies. “Stupid” vs. not good at math. “Clumsy” vs. drop things occasionally.</p> <p>Examples:</p> <ul style="list-style-type: none"> • I can’t believe I don’t know the answer. I must be stupid. • I am ugly (or unattractive). • I’m an addict and I am worthless. 	<p>What is it specifically that you can’t do or that you are upset about? Think about what you did rather than who you are. Have there been times when people seemed to enjoy doing something in your company?</p>
	<p><i>Not Giving Oneself Credit</i></p> <p>Thinking positive things that happen are either just luck or somebody else’s doing and never the results of one’s effort.</p> <p>Example:</p> <ul style="list-style-type: none"> • Yes, I came to group today, but it’s no big deal. 	<p>Are you overlooking your strengths and accomplishments? Pat yourself on the back for something good that you made happen. Did you contribute in some way?</p>




Common Habits of Harmful Thinking

Symbol	Category	Examination
	<p><i>Blaming Oneself</i></p> <p>Thinking negative things happen, and they are always entirely your fault.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Things would have gone well if I hadn't been there. • My partner seems very upset today, I must have done something wrong. • If we lose it will be all my fault. 	<p>Are you to blame for everything, always? Do bad things happen only to you? Are there good things that you have made happen? Are there things that went well because you were there?</p>
	<p><i>Overgeneralization</i></p> <p>Taking one negative characteristic or event and seeing it as a never-ending pattern. He/she doesn't like me = no one likes me = no one will ever like me.</p> <p>I couldn't do this one thing = I can't do anything.</p> <p>Examples:</p> <ul style="list-style-type: none"> • If I can't get this job, then everything's lost. I might as well give up. • I can't believe my friend did what she did. • I don't think I can trust anyone ever again. 	<p>Are you assuming that every situation and every person are the same? This is just one situation and one person. Can you remember other situations and people that are different? Even the same person may act differently next time—do you always act the same?</p>
	<p><i>“Should”ing on yourself</i></p> <p>Telling yourself you should and must do something. Makes you feel forced to do things, controlled, and resentful. Weighing yourself down with “shoulds.”</p> <p>Example:</p> <ul style="list-style-type: none"> • I should be the best. • This shouldn't have happened to me. 	<p>Do you really have to do anything? Do things have to turn out a certain way? Is it necessary for things to turn out the way you want in order for you to be happy?</p>

Common Habits of Harmful Thinking

Symbol	Category	Examination
	<p><i>Mind Reading</i></p> <p>Thinking that you know what others are thinking, and they are thinking negatively about you.</p> <p>Examples:</p> <ul style="list-style-type: none"> • My partner seems very upset today; I must have done something wrong. • I can't tell others how I feel because they will think I am crazy. • Other people think I am boring (or depressing). • My counselor thinks I'm hopeless. 	<p>Can you really know what others are thinking? Most people are focused on their own problems. Maybe they are acting in a certain way for reasons that don't have anything to do with you. What are some possible reasons?</p>
	<p><i>Negative Fortune Telling</i></p> <p>Thinking that you can see how things will be in the future and it is bad.</p> <p>Examples:</p> <ul style="list-style-type: none"> • I will never be able to maintain my recovery. • The party is going to be really boring so why bother going. • I'll never be happy again. • I am not capable of loving. • I will never have a romantic relationship again. 	<p>Can you predict the future? What would it be like to help shape the future rather than just imagining that it will be bad? Things may change from how they used to be.</p>

Harmful Thoughts Are Not Accurate, Complete, and Balanced

Harmful		Helpful
Inaccurate (not true)		Accurate (true)
I never do anything right.	vs.	I have made mistakes, but I do many things right.
I will never be able to trust people.	vs.	My trust has been broken in the past, but I am working to build relationships with trustworthy people.
Incomplete (leaves out some facts)		Complete (includes all the facts)
My marriage was a failure.	vs.	During my previous marriage, I learned to identify what I want from a relationship.
I can't work, so I am useless.	vs.	I can't work now, but I am providing emotional support to my family. Or: I used to both not work <u>and</u> use. Now I am not working, but I am not using. Next, I will be working <u>and</u> not using. One step at a time.
Unbalanced (too extreme)		Balanced (fair and reasonable)
I don't know anything.	vs.	I know a lot of things and I don't have to know everything.
I am a failure.	vs.	I've made mistakes, but I'm trying hard to do the right thing now.

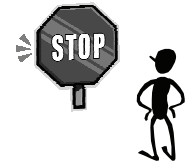
Catch It, Check It, Change It

In the last session, we talked briefly about a tool to improve your mood and support your recovery. Today we will practice “Catch It, Check It, Change It.”



1. Catch It

The first step is to notice—or “catch”—your thought. If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on your thoughts. For example, when you notice that your mood changes or that you feel sad or angry or have cravings, stop. Ask yourself some questions.



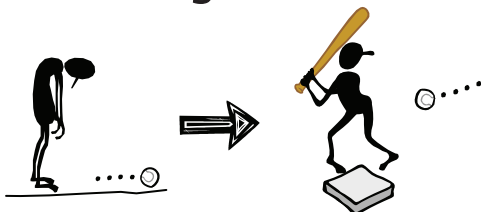
- What thought was I having when I noticed a change in my mood?
- What was happening at the time?

2. Check It



Examine your thought more closely. Is it harmful or helpful for you? What evidence do you have against your thought being true? How could your thought be more accurate, complete, and balanced? Does the thought fall into any of the categories of harmful thinking?

3. Change It



How could you change your harmful thought? What helpful thought could replace your harmful thought?

If you find it hard to believe your helpful thought to be true, this is normal and will get easier with time.

Catch It, Check It, Change It

Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



What happened?	What were your feelings?	What was your thought?	Examine your thought. What evidence do you have against your thought?	Replace the harmful thought with a helpful thought.
<i>I had a fight with my partner.</i>	<i>Sad, angry.</i>	<i>My partner always gets his/her way.</i>	<i>My partner and I sometimes agree to do things my way.</i>	<i>We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.</i>
<i>I had a dream that I used.</i>	<i>Scared, confused</i>	<i>I'll never get sober.</i>	<i>I've been clean for a week and am clean today.</i>	<i>I had a dream about using, but I'm clean now and am working towards being clean long-term.</i>



KEY MESSAGES

Key messages from this session include:

- You can learn to notice or “catch” your harmful thoughts by being aware of common habits of harmful thinking.
- You can use “Check It” to examine your thoughts and see if other alternatives are possible.
- You can use “Change It” to change your harmful thoughts to helpful ones.



What do you want to remember about this session?
Write your own key messages here.



1. Use the *Catch It, Check It, Change It* steps in the next week to notice your thoughts and feelings, examine them, and change your harmful thoughts to helpful thoughts. **Fill in the *Catch It, Check It, Change It* chart.** This process takes practice, so give it your best try and we will review these ideas during our next session.

2. *Try to notice* which categories of harmful thoughts your thoughts fall into. You can make a note of the category in the “Examine your thought. What evidence do you have against your thought?” column in the *Catch It, Check it, Change It* chart.

3. *Track your mood and coping using the Daily Check In.*

Notice at the bottom of the *Daily Check In* a place where you write in the number of harmful and helpful thoughts you have each day. Of course you won’t notice every thought that you have in the course of a day—but try to become more aware of the thoughts you have when you are depressed or have cravings to drink/use. Eventually, you may notice that on the days when you have fewer harmful thoughts, your mood and coping will be better.

DAILY CHECK IN



Instructions

Today's Date: _____

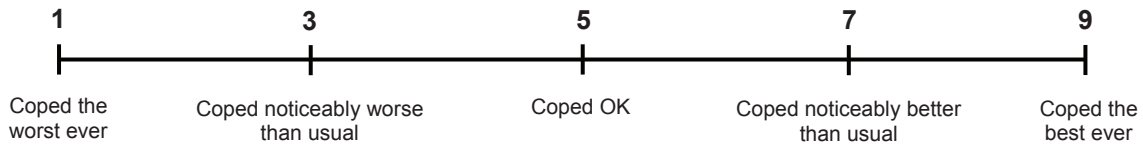
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
	Lowest mood ever	1	1	1	1	1	1

2.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
	2	2	2	2	2	2	
	Coped the worst ever	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful thoughts						
Number of helpful thoughts						

Catch It, Check It, Change It

Think about a time in the last week when you noticed a change in your mood or cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



What happened?	What were your feelings?	What was your thought?	Examine your thought. What evidence do you have against your thought?	Replace the harmful thought with a helpful thought.
<i>I had a fight with my partner.</i>	<i>Sad, angry.</i>	<i>My partner always gets his/her way.</i>	<i>My partner and I sometimes agree to do things my way.</i>	<i>We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.</i>
<i>I had a dream that I used.</i>	<i>Scared, confused</i>	<i>I'll never get sober.</i>	<i>I've been clean for a week and am clean today.</i>	<i>I had a dream about using, but I'm clean now and am working towards being clean long-term.</i>



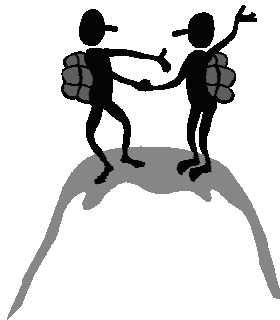
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What was difficult about this session?
- What suggestions do you have to improve your therapy?



LOOKING AHEAD

In Session 4, you will have a chance to consider what thoughts and feelings are most likely to cause you to feel depressed or to use.



SESSION 4: HOW TO “CATCH” AND “CHECK” YOUR HARMFUL THOUGHTS

PURPOSE

- Understand that one harmful thought may lead to another harmful thought, and that one helpful thought may lead to another helpful thought.
- Understand that some harmful thoughts have extra power to set off your depression or alcohol/drug use.
- Identify your high-risk thoughts and begin changing them.

OUTLINE

Announcements

Review

New Topic: How to “Catch” and “Check” Your Harmful Thoughts

 One Thought Can Lead to Another: A Chaining Activity

 What Harmful Thoughts Are High-Risk for You?

 Coping with Cravings

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

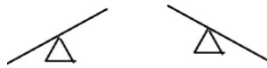
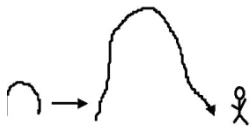
Is there anything you need to let the leaders know about?



REVIEW

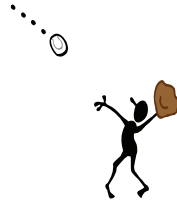
Last Session

What do you remember about **common habits of harmful thinking?**



What do you remember about **Catch It, Check It, Change It?**

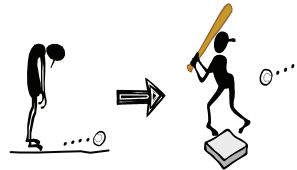
Catch the thought,



check the thought,



and **change** the thought.



Key messages from last session are:

- You can learn to notice or “catch” your harmful thoughts by being aware of common habits of harmful thinking.
- You can use “Check It” to examine your thoughts and see if other alternatives are possible.
- You can use “Change It” to change your harmful thoughts to helpful ones.

Practice

1. Use the *Catch It, Check It, Change It* steps to notice your thoughts and feelings, examine them, and change your harmful thoughts to helpful thoughts.

2. Try to notice which categories of harmful thoughts your thoughts fall into.

3. Track your mood and coping using the *Daily Check In*.

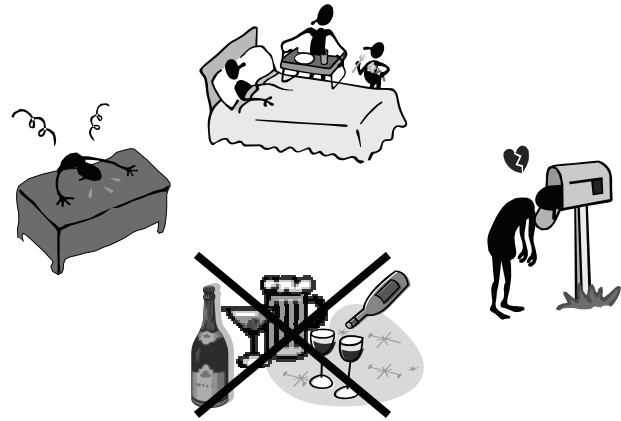
NEW TOPIC: HOW TO “CATCH” AND “CHECK” YOUR HARMFUL THOUGHTS

One Thought Can Lead to Another: A Chaining Activity



The destructive cycle of depression and drinking/using can begin with a fact or event, such as:

- You lose a job.
- A relative or friend dies.
- You get sick.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped drinking or using.



The chaining activity illustrates how your mood can get better or worse depending on how you respond to the fact or event.

As your mood changes, how do you think this affects your cravings (desire to use)?

Best mood

Are you more likely to crave (want to use) when your mood is good or bad?

Worst mood

Instructions

1. In the table on page 80 **write a statement of fact or an event** on the line next to #5.

2. What thought might cause your mood to go down just a little? **Write that thought next to #4.**

3. Think of a chain of thoughts that make you feel worse until your mood is at its lowest. **Write that chain of thoughts on lines #3, #2, and #1.**

4. Complete the rest of the chaining activity going up. What is a thought that would make your mood improve just a little? **Write that thought next to #6.**

5. Fill in lines #7 and #8.

6. What thought might make you feel really happy? Write that thought next to #9.

7. **Do you see the links among thoughts, mood, and drinking/using?**

- Your thoughts affect how you feel and act. For example, when you have harmful thoughts you may be more likely to feel down, and more likely to drink or use.
- You can make choices about the way you think.



Sample

Best mood	9.	I will keep trying until I find a job that is right for me.
↑	8.	I have skills that employers will want.
	7.	I learned a lot at my last job.
	6.	I will work hard to find another job.
Okay/average mood	5.	I have just lost my job.
↓	4.	I'm not sure if I can find another job.
	3.	I don't think I did my job well.
	2.	I will never be a good worker.
Worst mood	1.	I am no good.

Your chaining activity



Best mood	9.	
↑	8.	
	7.	
	6.	
Okay/ average mood	5.	Statement of fact _____
↓	4.	
	3.	
	2.	
Worst mood	1.	

The chaining activity illustrates that:

- Thoughts, mood, and cravings are connected. When you have harmful thoughts, you are more likely to feel down or to use. When you have helpful thoughts, your mood is likely to improve and your cravings decrease.
- A harmful thought can lead to another harmful thought, bringing your mood down and increasing your cravings.
- A helpful thought can lead to another helpful thought, bringing your mood up and decreasing your cravings.

Most of the time, your mood won't be either the worst mood possible (a "1") or the best mood possible (a "9") but somewhere in between.

What Harmful Thoughts Are High- Risk for You?

Some harmful thoughts seem to have extra power to bring your mood down or cause cravings. These are your high-risk thoughts.

Thoughts such as “I will never be any good” or feelings such as hopelessness, anxiety, sadness, or anger could be triggers for depression, drinking, and using. The thoughts and feelings that might be very powerful for you might not be so bad for somebody else.

Some activities or interactions with people can also be extra harmful—we will talk more about those in the other CBT modules.

When you know what your triggers are, you can learn ways to cope with your cravings.

Write down some of your risky thoughts and feelings.

Thoughts (for example)

Feelings (for example)

“I can’t do this.”
“One drink won’t hurt.”
“There’s nothing to do here.”
“This calls for a celebration.”
“I deserve this.”
“All my hard work paid off.”

Hopelessness
Anger
Fear
Boredom
Excitement
Joy
Pride

Thoughts:

Feelings:

These risky thoughts and feelings can make you having cravings for alcohol and drugs. Next, we are going to talk about how to cope with those cravings.

Coping With Cravings



When you have cravings for alcohol/drugs, you can imagine that you are on a ship in the middle of a storm. Your cravings are like waves that become bigger and bigger. You might feel afraid, but you can expect that your cravings will go down eventually.

You are the captain in charge of the ship.

You are the one who decides what will happen. Positive thoughts can help you steer your ship through the waves of cravings and find a peaceful place where the cravings have decreased.

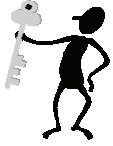


How does this example fit in with your experiences with cravings?

Here are some examples of helpful thoughts that might help you cope with cravings:

- I have resisted my cravings before, and I can do it now.
- My other cravings have passed, and these will too.
- It is normal for my body to crave the alcohol/drugs I used to use, but I can choose to resist the cravings.
- Sometimes I tell myself “I can’t stand it if I don’t use!” But, if I don't give in to the craving, nothing bad will happen. If I do give in, I will have to deal with the bad things that happen.
- I have used alcohol and drugs to calm down. Now I can learn other ways to calm down.
- I will think about steering past the big waves and reaching a peaceful sea.
- Having a craving does not mean that I have to drink or use.
- I am feeling sad now, but drinking or using would make me feel better for only a short time and then I would feel worse.
- I have the strength to get through this.
- I will take a few slow, deep breaths and try to relax.
- My family/counselor/friends believe that I can stay clean, and I can believe in myself too.
- I won't let drugs or alcohol keep me from getting where I want to be in life.

What are your helpful coping thoughts? Write them here.



KEY MESSAGES

Key messages from this session are:

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Helpful thoughts can help you cope with cravings.



What do you want to remember about this session?
Write your own key messages here.



- 1. Write down your thoughts each day.**
- 2. Try to catch a risky thought and use a coping thought** to keep your mood up and manage your cravings.
- 3. Track your mood and coping** using the Daily Check In.

DAILY CHECK IN

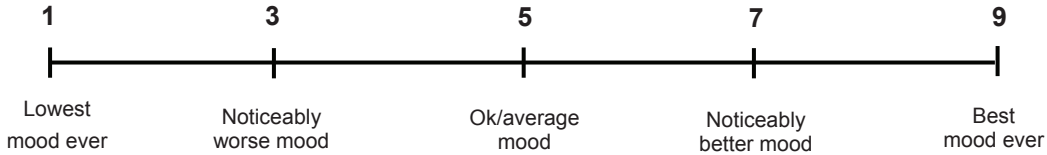


Instructions

Today's Date: _____

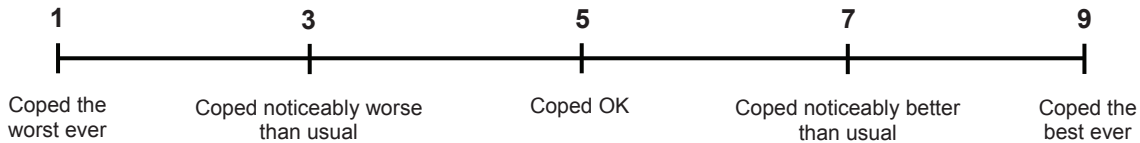
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	


2.





Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	


3.


Write in the day of the week.	_____	_____	_____	_____	_____	_____	_____
Number of harmful thoughts							
Number of helpful thoughts							


Thoughts, Day 1	—	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 1	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 2	—	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 2	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 3	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 3	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 4

—



(Write in the day of the week.)

Thoughts, Day 4

+




(Write in the day of the week.)


Thoughts, Day 5


—





(Write in the day of the week.)

Thoughts, Day 5	+	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 6	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 6	+	
<hr/>		
(Write in the day of the week.)		

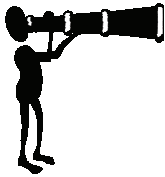
Thoughts, Day 7	-	
<hr/>		
(Write in the day of the week.)		

Thoughts, Day 7	+	
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(Write in the day of the week.)		



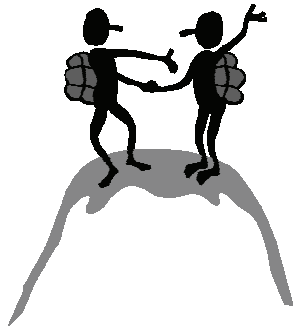
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD

In Session 5, you will you will learn how to examine your thoughts and change them to improve your mood and support your recovery.



SESSION 5: HOW TO “CHECK” AND “CHANGE” YOUR HARMFUL THOUGHTS

PURPOSE

- Learn to examine your harmful thoughts and see if there are other possible alternatives.
- Learn strategies for changing your thoughts—“talking back” to harmful thoughts and replacing them with helpful thoughts.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: How to “Check” and “Change” Your Harmful Thoughts

Examine the Evidence

Balance Your Thoughts with “Yes, But” Statements

Find a Replacement Thought for Your Harmful Thought

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



REVIEW

Last Session

What do you remember most from the last session?

Key messages from last session are:

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Helpful thoughts can help you cope with cravings.

Practice

1. Write down your thoughts each day.

2. Try to catch a risky thought and use a coping thought to keep your mood up and manage your cravings.

3. Track your mood and coping using the Daily Check In.

NEW TOPIC: HOW TO “CHECK” AND “CHANGE” YOUR HARMFUL THOUGHTS

The way you think is probably familiar, comfortable, and automatic. Changing your thinking habits may be difficult at first. Just like learning a new sport, it takes practice. But it is possible!

You can use several strategies to “talk back” to your harmful thoughts to improve your mood and decrease cravings. Three strategies are described in this session.

- Be a detective—gather evidence to find out more about your thoughts and decide whether they are harmful or helpful. Are there alternative ways to look at the same things?
- Use “Yes, But” statements to turn your harmful thoughts into helpful thoughts.
- Replace a harmful thought with a helpful thought.

Examine the Evidence

The next time you have a thought that brings your mood down or causes a strong bad feeling or cravings, take a closer look. Check it out—examine it to find out more about it. Follow these steps.

1. First, write down a thought that recently brought your mood down or increased your cravings.



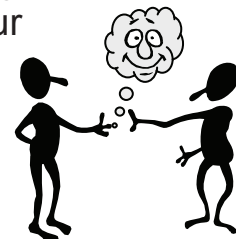
2. Ask yourself: Is the thought mostly true, mostly false, or neither? You can think about these questions to help figure this out.

- What is the evidence [i.e., relevant FACTS] that your thought is totally true? For example, what in your past experience suggests that this thought is true?
- What is the evidence (i.e., relevant FACTS) that your thought is totally false? For example, what in your past experience suggests that this thought is false?
- How much of your thought do you think is true vs. false (e.g., 25% true vs. 75% false or 50/50, etc.)?



3. Share your thought with the person sitting next to you.

Saying your thought out loud can help you see the thought more clearly. Ask the person what he or she thinks about your thought.



On the other hand, the opinion of someone else is only one piece of evidence. You, as the detective, should consider all the evidence and come to your own conclusions.

4. Gather more evidence by experimenting. If you're still not sure whether your thought is accurate, complete, and balanced, you might need to gather more evidence. For example:

Thought: "If I go to the party, I will not have a good time."
(This thought is an example of negative fortune telling.)

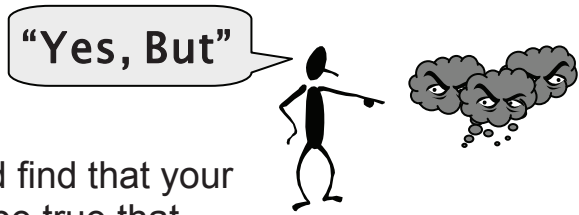
Experiment to gather more evidence: Go to the party with an open mind and see how you really feel about it.

To test the accuracy of your thought and gather more evidence, what experiment could you try?



5. Now that you have examined the evidence, do you think that your thought could be more helpful? Write a more helpful thought here.

Balance Your Thoughts with “Yes, But” Statements



What if you examine the evidence and find that your thought is true? For example, it may be true that when you were depressed and using alcohol or drugs, you were not able to do your best work and you lost a job.

Can you accept what has happened in the past and let go? Remind yourself that your future is not yet determined and you can make changes now to avoid repeating past mistakes.

Accept the Truth and Move On—Add “Yes, But” to Your Thinking

You might find it difficult to think helpful thoughts about yourself or your situation. One way to fight back against a harmful thought is to add a “yes, but” to it. You don’t have to ignore or deny your problems, but you can add balance to your thinking.

Example of a harmful thought	Add a “ <i>Yes, but</i> ” statement
I was fired because I performed poorly at my job. Nobody will want to hire such a terrible worker.	Yes , I was fired because I didn’t do my best work, but now I am putting a lot of effort into improving my depression and maintaining my recovery. I will find another job and do great work.
I am always depressed.	Yes , I may be depressed right now, but I am going to group therapy to help me change my mood.
I will never stop drinking.	Yes , I have relapsed in the past, but I am working hard at a realistic plan for staying sober.

My examples of harmful thoughts

Add “yes, but” statements

	Yes, but
	Yes, but
	Yes, but

Find a Replacement Thought for Your Harmful Thought

1. The next time you have a moment during the day when you notice a change in your mood, stop and take a deep breath. Look into your mind. What are your thoughts at that moment? Do you notice your thoughts as harmful or helpful?



2. Try to replace a harmful thought with a helpful one. Think about these questions:

- If you apply a replacement thought, how does your thinking change?
- When your thinking changes, how does your mood change?

The tables on the next few pages give examples of some helpful thoughts to replace harmful thoughts. Notice that the helpful thoughts are **accurate, complete, and balanced**.

<i>Harmful Thoughts</i>		<i>Helpful Thoughts</i>
Not totally true	→	Accurate, true
Only part of the whole story	→	Complete, whole
Too extreme one way or another	→	Balanced, reasonable

Examples of Replacement Thoughts

Harmful
Thought



Helpful
Thought



All-or-nothing thinking	Replacement (alternative) thoughts
I was a terrible parent.	Yes , I made mistakes as a parent, but I tried my best.
I had one drink. Now I will never be sober.	Yes, I had one drink, but I will learn from this experience and use my new skills to support my recovery.
My mistake ruined everything.	Yes, my mistake cost me some time, but I can learn from it.
I am a complete mess.	I do some things well and I need to improve on others.
I have wasted my entire life because of using alcohol/ drugs.	Even though some time has been lost, I am now sober/ drug-free, and I can still do things that are important to me in order to shape the rest of my life.
Pessimism	
Why even try?	I know if I try hard I will succeed at some things, but not everything.
Once a drug user, always a drug user.	Just because I used drugs in the past doesn't mean I can't get clean now. Many other people have.
Once a drinker, always a drinker.	Many people who drink too much try several times before they quit drinking. I am working hard to stop drinking, and I can be successful if I keep trying.
Negative filter	
Everything in the news is terrible.	Some things in the news are upsetting (dramatic news sells newspapers), but good things happen every day.
Today was awful.	Yes, some really bad things happened today, but some good things probably did, too. And I can try to make tomorrow better.
All you do is criticize me.	I feel bad when you criticize me, but I appreciate it when you bring me coffee in the morning.

Harmful Thought 

Helpful Thought 

Exaggerating	
If he leaves me, I'll die.	I would like to keep my marriage, but many people go on to live happily after a divorce if they have to, and I could too.
My kid is a terrible mess.	Yes, my kid is having some problems right now, but I know he will learn from his mistakes.
Life is too hard.	Sometimes it feels hard to have the energy to keep trying, but I know that I can take one step at a time. And sometimes things don't seem as hard.
Trying to maintain my recovery is impossible.	Yes, staying sober can be tough, but I will take things one day at a time and try my hardest.
Labeling	
I am a total mess.	I have trouble with some things, but I am good at others; for example, I am good at being a friend.
My daughter is terrible.	I don't like my daughter's behavior right now, but I am proud that she is so bright.
My life is a disaster.	I have had many difficult losses, but many things in my life are good, including my friends and my health.
I'm nothing but a drunk.	I have had trouble drinking too much alcohol, but I am working hard on my recovery. And there are good parts of me that have nothing to do with drinking.
Not giving oneself credit	
I'm lucky I lived.	I lived because I worked hard with my doctors and did everything they said before the surgery.
I don't deserve my job.	Yes, I have made mistakes in my job, but I have also made valuable contributions.
My husband makes our household work.	I contribute to our family in different ways from my husband.
It's just luck that I got clean.	I worked really hard to get off drugs.
Blaming oneself	
I should support my family better.	I supported my family for years and there are still many things I can do for them.
My divorce is my fault.	I made some mistakes in my marriage, but not all of the problems were my fault.
I failed at my job.	I was fired from this job, but I did the best I could at the time.

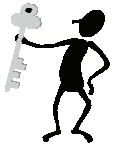
Harmful
Thought



Helpful
Thought



Overgeneralization	
When I had that drink, I ruined my recovery.	Yes, I had a lapse, but that doesn't mean that I'll have a full-blown relapse. I can still be proud of the time I was sober and of my efforts to continue my recovery now.
You can't trust anyone.	There are some people you can trust and others you cannot.
"Should'ing"	
I should have known better than to trust him.	I am learning that I need to move slowly when learning to trust others and wait to make sure they are trustworthy.
He should be nicer to me.	Yes, I would like it if he wasn't so rude, but I only have control over how I respond.
Mind reading	
I know John is mad at me; he didn't even speak.	John is acting really grouchy; he may be having his own problems.
My boss frowned at me; I'm going to get fired.	I don't really know why my boss frowned at me. Maybe he is having a bad day.
Negative fortune telling	
I just know something terrible is about to happen.	Yes, I'm worried right now, but that doesn't mean something bad is bound to happen.
This will never work.	This may work or not, but it is worth trying.
Everything will turn out bad.	Some things won't turn out the way I want, but others will.



KEY MESSAGES

Key messages from this session are:

- You can examine your thoughts to learn more about them and decide whether they are harmful or helpful.
- You can accept that some negative things about you or your life are true, and still move forward in life with a “Yes, But” exercise.
- You can learn to “Change It”— replace a harmful thought with a helpful thought in order to feel better and remain sober.



What do you want to remember about this session?
Write your own key messages here.



1. Try using one or more of the tools that we discussed. Think about which method worked best for you.

- ***Examine the evidence***
- ***Yes, but***
- ***Replacement thoughts***

2. Review the helpful thoughts you wrote down on index cards. In the next session, you will have a chance to think about which ones would be most helpful to you in the future to keep your mood up and support your recovery.

3. Track your mood and coping using the Daily Check In.

DAILY CHECK IN



Instructions

Today's Date: _____

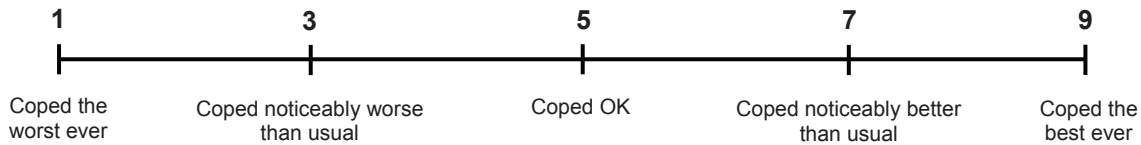
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
	Lowest mood ever	1	1	1	1	1	1

2.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
	2	2	2	2	2	2	
	Coped the worst ever	1	1	1	1	1	1

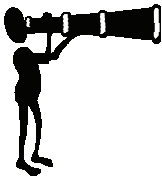
3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful thoughts						
Number of helpful thoughts						



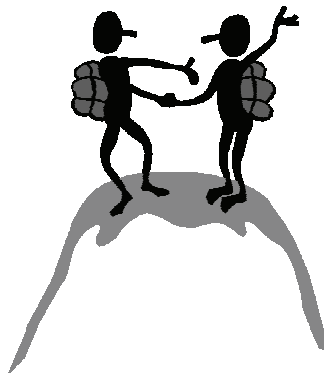
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD

The focus in Session 6 is on the future. You can use the CBT messages to help you manage your mood and cravings, and help to make your life what you want it to be.



SESSION 6: YOU CAN SHAPE YOUR FUTURE WITH HELPFUL THOUGHTS

PURPOSE

- Practice Catch It, Check It, Change It.
- Summarize coping strategies you have learned for managing mood and cravings, and think about using them in the future.
- Say goodbye to graduating group members.

OUTLINE

Announcements

Review

New Topic: You Can Shape Your Future with Helpful Thoughts

Catch It, Check It, Change It

Coping Cards Can Help You Use Helpful Thoughts and Live the Life You Want

Key Messages

Practice

Review of Module

Goodbye to Graduating Group Members

Feedback

Looking Ahead to the Next Module



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



REVIEW

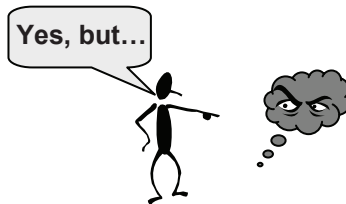
Last Session

Last session we talked about some ways to manage a harmful thought.

- Examine the evidence



- Add “Yes, but”



- Replace a harmful thought
with a helpful thought.



What do you remember most from the last session?

Key messages from last session are:

- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can accept that some negative things about you or your life are true, and still move forward in life with a “Yes, But” exercise.
- You can learn to “Change It”— replace a harmful thought with a helpful thought in order to feel better and remain sober.

Practice

At the end of last session, we asked you to:

1. Try using one or more of the tools that we discussed. Think about which method worked best for you.

- ***Examine the evidence***
- ***Yes, but***
- ***Replacement thoughts***

2. Review the helpful thoughts you wrote down in the past few weeks.

3. Track your mood and coping using the Daily Check In.

NEW TOPIC: YOU CAN SHAPE YOUR FUTURE WITH HELPFUL THOUGHTS

Catch It, Check It, Change It

In Session 3, you learned about “Catch It, Check It, Change It”—a tool to improve your mood and support your recovery. Now let’s practice using it.

First, a quick reminder of the three steps:



1. Catch It

The first step is to notice—or “catch”—your harmful thought.

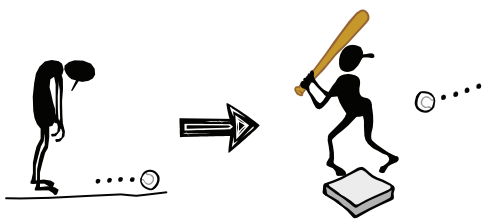
If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on what you are thinking.



2. Check It

Examine your thought more closely. What evidence do you have against your thought? How could your thought be more accurate, complete, and balanced?

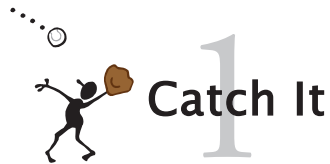
3. Change It



How could you change a harmful thought? What helpful thought could replace your harmful thought?

Catch It, Check It, Change It

Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below.



What happened?	What were your feelings?	What was your thought?	Examine your thought. What evidence do you have against your thought?	Replace the harmful thought with a helpful thought.
<i>I had a fight with my partner.</i>	<i>Sad, angry.</i>	<i>My partner always gets his/her way.</i>	<i>My partner and I sometimes agree to do things my way.</i>	<i>We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.</i>
<i>I had a dream that I was drinking.</i>	<i>Scared, upset</i>	<i>I'm never going to be sober.</i>	<i>I've been clean for the past month and am sober now.</i>	<i>I am sober today and am learning ways to stay sober in the future. The dream reminds me how much it means to me to remain sober.</i>

Coping Cards Can Help You Use Helpful Thoughts and Live the Life You Want

Make a “coping card” to help you remember and use helpful thoughts.

- Use one 3” x 5” index card.
- On one side of the card, write “Coping Thoughts” at the top. Write as many helpful thoughts as you can think of.

Coping Thoughts

For example:

- People know they can trust me.
- I really like the fact that I care about other people.
- I have the strength to get through this.
- These cravings will pass.

- On the other side of the card, write “Relapse Prevention Plan.” Make some notes for yourself regarding how to prevent a return to alcohol and/or drug use and to prevent a relapse to depression.

Relapse Prevention Plan

Relapse prevention examples:

- Could you catch a harmful thought, check it, and change it?
- Could you call a friend or sponsor?
- What else could you do?



When you are feeling down or feel like drinking or using drugs, pull out your coping card and read it. It can help you get past the moment of stress.

Keep your coping card some place handy so you can pull it out and look at it whenever you feel down or have cravings. Where will it help you the most? If you have risky thoughts and cravings during the day, carry your coping card in your purse or wallet.

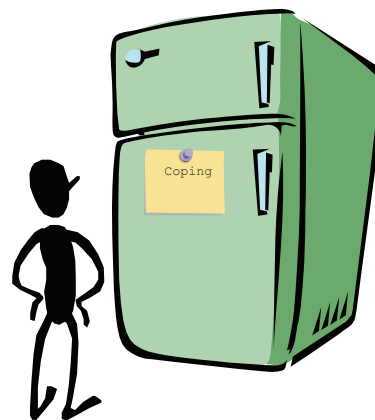


If you are likely to feel down or have strong cravings at night, keep your card at home.

You could tape it to the wall beside your bed,



...or put in on the refrigerator.





KEY MESSAGES

Key messages from this session are:

- Your thoughts can help you feel more in control over your life.
- Having more helpful thoughts can improve your mood, support your recovery, and help you live the life you want.
- A coping card can help you remember to use helpful thoughts in your daily life.



What do you want to remember about this module?
Write your own key messages here.



PRACTICE

- 1. Keep using *Catch It, Check It, Change It*** to notice, examine, and change your harmful thoughts.
- 2. Use your coping card.** Where will you keep it? How will you remember to use it when you are feeling down or having cravings?
- 3. Track your mood and coping using the *Daily Check In*.** Try to count how many harmful and helpful thoughts you have each day and write in the numbers at the bottom of the scale.

DAILY CHECK IN



Instructions

Today's Date: _____

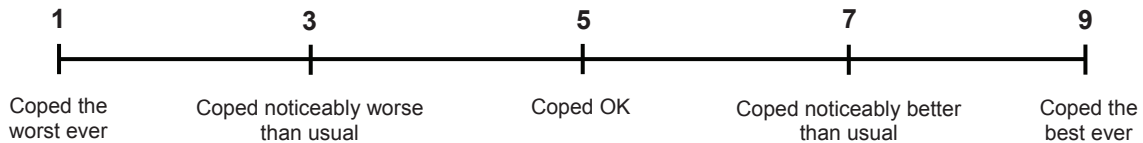
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2.



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	Coped noticeably worse than usual	3	3	3	3	3	3
	2	2	2	2	2	2	
	Coped the worst ever	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful thoughts						
Number of helpful thoughts						

REVIEW OF MODULE: THOUGHTS, ALCOHOL/DRUG USE, AND YOUR MOOD

Over the past six sessions, we have been focusing on thoughts. You have learned that your thoughts affect how you feel and that your feelings affect your drinking and using.

You have also learned that the way you think can help you feel more in control over your life, so you feel you can shape your life into the kind of life you want to live.

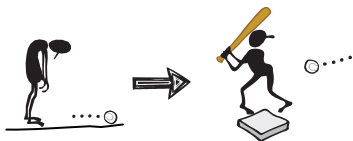
How have you made changes in the way you think?



1. You can **catch**, or notice, your thoughts.



2. You can **check**, or examine, your thoughts to see if they help you or harm you. A helpful thought is healthy for you—it makes you feel good and helps you maintain your recovery.



3. You can **change** the harmful thoughts that get in the way of your good mood and recovery, and choose helpful thoughts instead.

What idea will help you the most? What will you remember from the Thoughts module? Write your ideas below.



The most important thing I learned from the Thoughts module is:

Key messages from “Thoughts, Alcohol/Drug Use, and Your Mood” are:

Session 1: CBT Can Help With Mood and Alcohol/Drug Use Problems

- A thought is a sentence you say to yourself or a picture in your mind. A feeling is an emotion or mood.
- Thoughts are helpful or harmful to you depending on how they make you feel.
- You can learn to notice or “catch” your harmful thoughts.

Session 2: Your Thoughts, Mood, and Alcohol/Drug Use Are Connected

- You can use your helpful thoughts to improve your mood and decrease your cravings.
- Your mood can affect your drinking/using.
- Drinking/using can affect your mood.

Session 3: How to Identify Harmful Thoughts

- You can learn to notice or “catch” your harmful thoughts by being aware of common habits of harmful thinking.
- You can use “Check It” to examine your thoughts and see if other alternatives are possible.
- You can use “Change It” to change your harmful thoughts to helpful ones.

Session 4: Catching and Checking Your High-Risk Harmful Thoughts

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Helpful thoughts can help you cope with cravings.

Session 5: Talking Back to Your Harmful Thoughts

- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can accept that some negative things about you or your life are true, and still move forward in life with a “Yes, But” exercise.
- You can learn to “Change It”— replace a harmful thought with a helpful thought in order to feel better and remain sober.

Session 6: Using Your Thoughts to Shape Your Future

- Your thoughts can help you feel more in control over your life.
- Having more helpful thoughts can improve your mood, support your recovery, and help you live the life you want.
- A coping card can help you remember to use helpful thoughts in your daily life.



GOODBYE TO GRADUATING GROUP MEMBERS

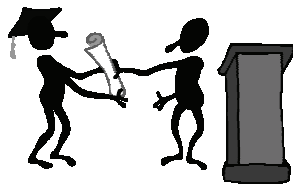
If you have completed all three modules in CBT, you are now a CBT graduate.

CONGRATULATIONS !

Since you are leaving the group, you might want to talk about the following.

1. What have you learned that you think will help you feel better and manage your cravings?
2. What have you learned that will help you reach some of your goals?
3. How will you get support in your everyday life when you are no longer coming to group meetings?
4. What will you do the next time you feel depressed?
5. What will you do the next time you feel like drinking or using?
6. How can your thoughts help you get a sense of greater control over your life?

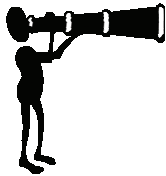
If you still feel depressed or if you are having strong cravings that you feel you cannot resist tell your group leader, and he or she will help you get further treatment.





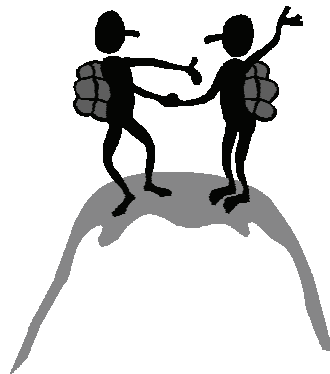
FEEDBACK

- What was helpful in today's session and in the Thoughts module?
- What was less helpful?



LOOKING AHEAD TO THE NEXT MODULE

The next module is called “Activities, Alcohol/Drug Use, and Your Mood.” Because of your depression and drug/alcohol use, you may not feel like doing things that you used to enjoy or that are not related to getting and using drugs or alcohol. In the Activities module, we will discuss the importance of doing activities even when you don't feel like it. Activities will help you feel better and help decrease your cravings.



RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND DRINKING OR USING

Alcoholics Anonymous (AA)

1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)

1-800-826-3632

www.dbsalliance.org

Narcotics Anonymous (NA)

www.na.org

National Alliance for the Mentally Ill (NAMI)

1-800-950-6264

www.nami.org

Project Return (wellness and support for people with mental illness)

Recovery Inc. (self-help program for mental health)

1-312-337-5661

www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND ALCOHOL/DRUG USE

Control Your Depression

Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren, and Antonette M. Zeiss.
Published by Fireside Books, New York, New York, 1992.

Coping with Depression (videotape)

Author: Mary Ellen Copeland
Published by New Harbinger Publications, Inc., Oakland, California, 1994.

Feeling Good: The New Mood Therapy

Author: David D. Burns
Published by William Morrow, New York, New York, 1980.

The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections

Author: Mary Ellen Copeland.
Published by New Harbinger Publications, Inc., Oakland, California, 2000.

Mind Over Mood: Change How You Feel by Changing the Way You Think

Authors: Dennis Greenberger and Christine A. Padesky.
Published by Guilford Press, New York, New York, 1995.



READ WHAT PREVIOUS GROUP MEMBERS HAVE SAID ABOUT THIS GROUP!

“When I feel like a situation is going to anger me, using tools that I’ve learned (such as “Catch It, Check It, Change It”) throughout the different modules, enabled me to handle the situation at hand in a more responsible and caring type of way.”

“I’ve learned how to open up. I learn that there is more than one way to look at things.”

“There is no such thing as a stupid question.”

“CBT has given me the tools I can use to change my life and be happy and healthy. I can become a responsible person who has freedom from fear. Before, I did not realize I had an option.”

“I have realized life isn’t what I perceived it to be as black and white; it can be truly beautiful and colorful...if you allow yourself to open up to a new way of life.”

“My thought process has changed by allowing me to decide what kind of mood or day I will be having.”

“The fear of change was removed through CBT, because I was provided with insight and tools that enabled me to change myself and how I interacted with others. It gave me the power of self- awareness.”

“I have learned through these classes the tools for a happier and productive life.”

GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

An Integrated Group Cognitive Behavioral Therapy for Co-Occurring Depression and Alcohol and Drug Use Problems

Activities, Alcohol/Drug Use, and Your Mood



The research described in this report was sponsored by the National Institute on Drug Abuse and was conducted in RAND Health, a division of the RAND Corporation.

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This is your book to keep. Feel free to write in it.

This workbook belongs to:

(Name)

(Date)

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SESSION 1: HELPFUL ACTIVITIES CAN IMPROVE YOUR MOOD AND SUPPORT YOUR RECOVERY

PURPOSE

- Learn about this group, depression, and alcohol/drug use problems.
- Learn that there are connections among activities, depression, and cravings. (A “craving” is the desire to drink or use.)

OUTLINE

Welcome

How Have You Been Feeling?

Group Rules

Announcements

Introductions

What Is Depression?

What Are Alcohol/Drug Use Problems?

What Is Cognitive Behavioral Therapy (CBT)?

Review

New Topic: Helpful Activities Can Improve Your Mood and Support Your Recovery

How Do Depression and Drinking/Using Get in the Way of Doing Helpful Activities?

What Helpful Activities Could You Do Before the Next Session?

Key Messages

Practice

Feedback

Looking Ahead

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

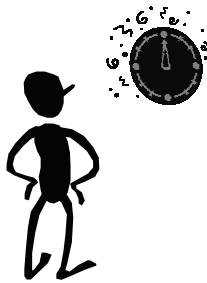
You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



GROUP RULES

1. Come to every group meeting. Important and useful new ideas will be discussed at each group session. The sessions will give you new tools that you can use to help your recovery from depression and alcohol/drug use. This is why it's so important to come to each group meeting. If you can't make it, call us at this number:

(_____) _____ - _____ (Contact number)



2. Come to group meetings on time.

3. Do not come to group under the influence of alcohol or drugs. For the benefit of the group, you will be asked to leave the session if you are under the influence.

4. Maintain the confidentiality of the group.

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

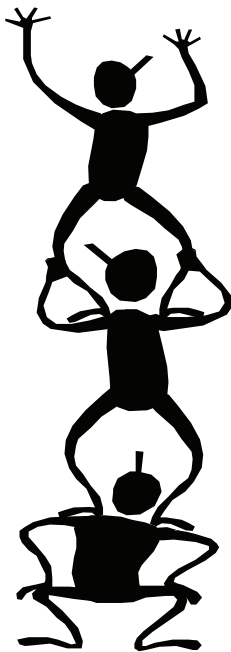


First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

Second, if group leaders hear something that makes them think your health or safety is in danger they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.

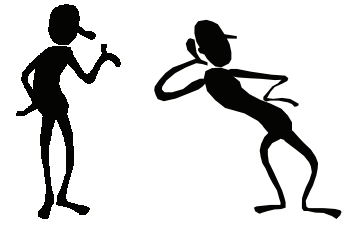


5. Be respectful and supportive of others in the group.

The group is based on respect for all people. If you have a problem with another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.

You may find that other group members have had experiences similar to yours, but feel differently about them. That's OK—it is important to respect each person's opinion.

6. Find a balance between talking and listening.



You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.

Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

7. Know that you don't have to share everything.

8. Practice. Practicing on your own will help you learn how to use the skills you learn in group and make it more likely that you will get well.

9. Tell us if you are unhappy with the group or your treatment.



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary. For example, if the next session is scheduled on a day that is a holiday, the day of that session may be changed. During this time, you will have a chance to tell the group leader ahead of time if, for example, you need to be late for a session.

Is there anything you would like to let the leaders know about?



INTRODUCTIONS

Group Leaders

Your group leaders are:

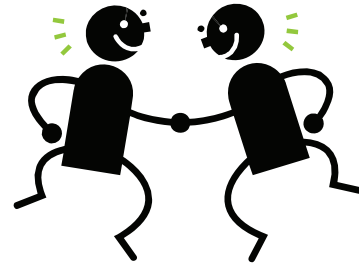
_____ (_____) _____
(Name) (Contact number)

_____ (_____) _____
(Name) (Contact number)

In an emergency (for example, if you are having thoughts of hurting yourself), **call 911.**

Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.



Now group members will introduce themselves. We will be talking about your experiences with depression and drinking/using later in the session. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then **choose one or two of the following** subjects to talk about:

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special

WHAT IS DEPRESSION?



What is depression like for you?

Feel free to write notes to yourself anywhere in your workbook. In some places, there is extra space for your notes.

Depression is:

- More than a passing sadness or bad mood.
- A period of feeling very sad that lasts a long time and that makes it hard to do daily activities.
- Possible at any point in your life.
- A possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more:

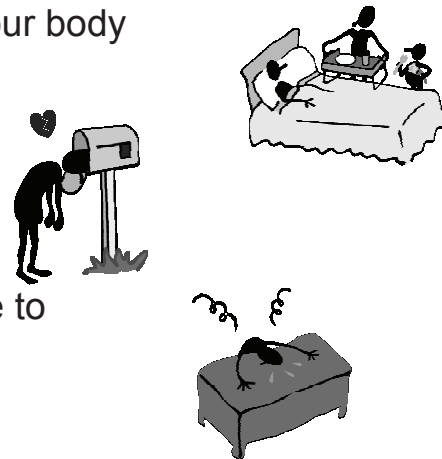
The Nine Symptoms of Depression

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.

What was happening in your life when you most recently got depressed?

Possible Triggers for Depression

- Use of alcohol or drugs
- Being sick with medical problems or in pain
- Biological/chemical imbalance in your body
- Financial/money problems
- Losing someone you love
- Upsetting things happening, or ongoing problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time
- Living with people who are addicts



Did you know

Depression Is Common

- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.
- Depression is the #1 cause of disability in the United States. (“Disability” is the inability to carry out daily living activities.)

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by the Guilford Press, 2005.

WHAT ARE ALCOHOL/DRUG USE PROBLEMS?

Common problems of alcohol/drug use:

- Conflicts with other people, including family members.
- Problems at work or school, or difficulty keeping a job.
- Financial problems.
- Physical symptoms or health problems, or existing health problems becoming worse.
- A tolerance for the alcohol or drugs so that you require more to get the same “high.”
- Not being able to stop on your own.
- Withdrawal symptoms (such as shakiness, feeling sick to your stomach, headaches, or fatigue) when you don’t use that are relieved when you use again.
- Memory problems.
- Legal problems (such as an arrest for driving under the influence—DUI; arrest for possession or use of illegal drugs; or not meeting your financial obligations).

What would your life look like if you stopped drinking/using and your mood improved? Write your ideas below.





*Did
you know*

Many Americans Don't Drink

34% of men and 44% of women in the United States do not drink alcohol.

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by The Guilford Press, 2005.

WHAT IS COGNITIVE BEHAVIORAL THERAPY?

This treatment provides a specific kind of help—cognitive behavioral therapy, or CBT for short—to people who are depressed and who have problems with alcohol/drug use. Depression and alcohol/drug use problems often go together, so it makes sense to treat them together.

CBT teaches skills to help you change your thoughts and behaviors to improve the way you feel and support your recovery. This approach does not mean that your thoughts and behaviors caused your depression and alcohol/substance use in the first place.

CBT can help you “manage” your depression and your recovery. “Managing” means to:

- Make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
- Learn ways to prevent getting depressed again and to stay free of alcohol/drugs, despite real-life problems.

Learn what thoughts, feelings, activities, and people interactions make it more likely you will get depressed or use. They are your “triggers.”

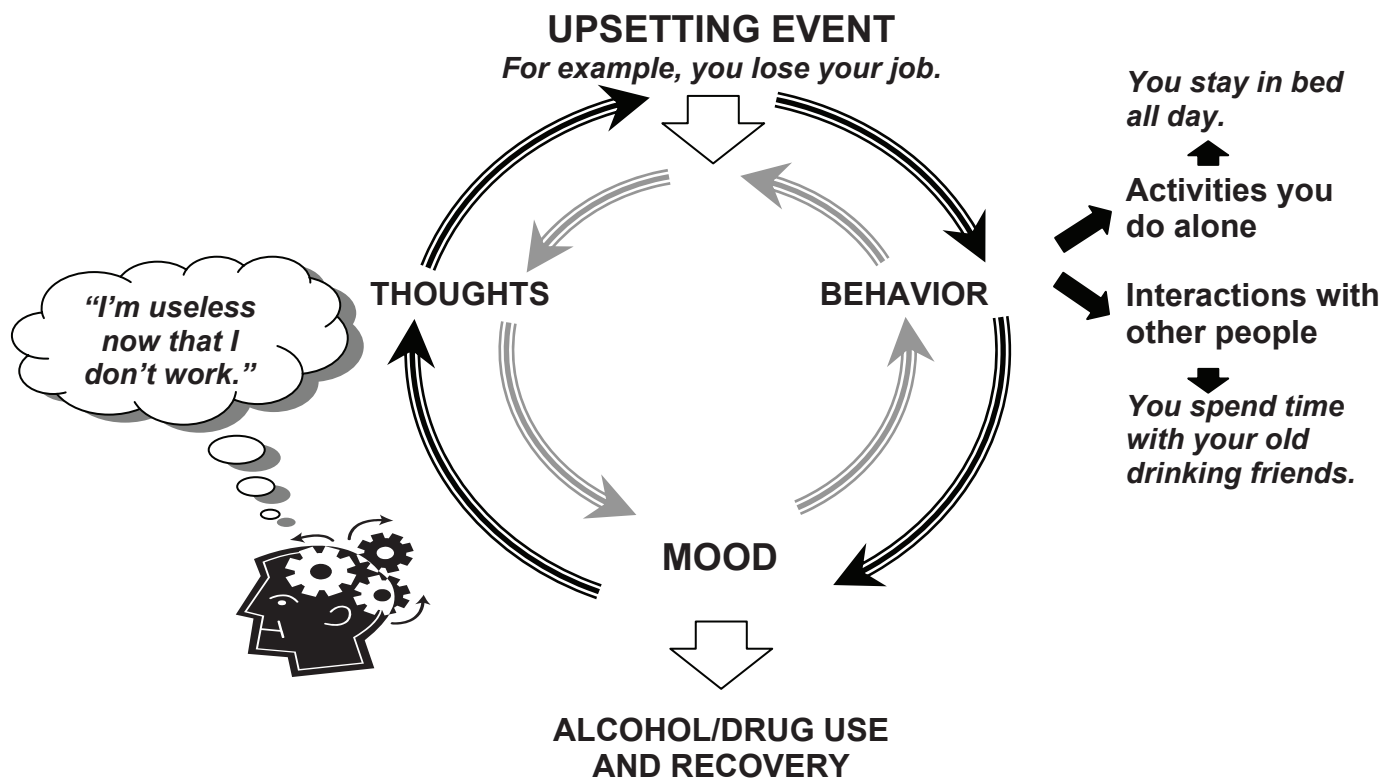
What does the name “Cognitive Behavioral Therapy” mean?

Cognitive refers to **your thoughts**.

Behavioral refers to **how you act** or **what you do**. In CBT, when we talk about behavior, we mean what activities you do and how you interact with other people.

One way to think of CBT is that it teaches healthy ways to manage your depression and your recovery. Managing your depression and your recovery means to make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.

The CBT Circle



CBT helps you break the destructive cycle of depression and manage your cravings by teaching you that for each of these factors—thoughts, activities, and people interactions—there is a part that you can manage and change. Also, because they are connected, changes in one area can affect the other areas.

This CBT treatment program is organized into 18 sessions.

- **Thoughts** module = 6 sessions
- **Activities** module = 6 sessions
- **People** module = 6 sessions

Total CBT = 18 sessions

The Serenity Prayer



“God, grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.”

CBT has something in common with the Serenity Prayer. It teaches that, even though you cannot change everything in your life, you can choose **how you think** about events and **how you react**.

“***Changing the things I can***” involves **thinking** and **doing**:

- Changing how you **think** about things
- Changing what you **do** to respond.

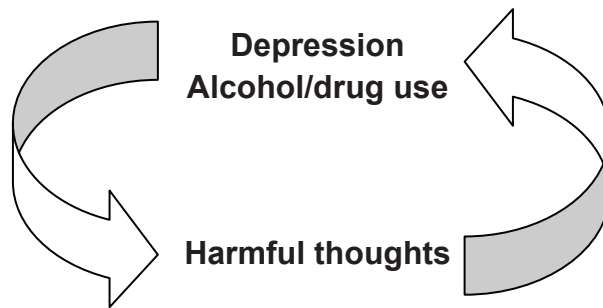
In this module, we will talk about the power of your activities and their important connection with depression and alcohol/drug use. You can do helpful activities to feel better and support your recovery.

The goal of CBT is to help you get closer to what you imagine your life would be like without depression and without drinking/using. The group will focus on practical strategies to improve things right now, and will teach you skills that you can continue to use even after the group ends.

REVIEW

Last Module

- What do you remember most from the last module?
- What did you learn that was most helpful, in terms of improving your mood and supporting your recovery?
- What was difficult?



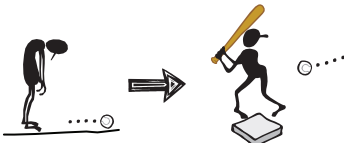
Key take-home messages from “Thoughts, Alcohol/Drug Use, and Your Mood” are:



1. You can **catch**, or notice your thoughts.



2. You can **check**, or examine your thoughts to see if they help you or harm you. A helpful thought is healthy for you—it makes you feel good and supports your recovery.



3. You can **change** the harmful thoughts that get in the way of your good mood and recovery, and choose helpful thoughts instead.

Practice

If you were part of the CBT group for the last module (“Thoughts, Alcohol/Drug Use, and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

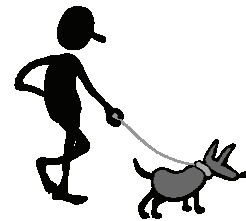
- 1. Keep using *Catch It, Check It, Change It*** to notice, examine, and change your harmful thoughts.
- 2. Use your coping card.** Where will you keep it? How will you remember to use it when you are feeling down or having cravings?
- 3. Track your mood and coping using the *Daily Check In*.** Try to count how many harmful and helpful thoughts you have each day and write in the numbers at the bottom of the scale.

NEW TOPIC: HELPFUL ACTIVITIES CAN IMPROVE YOUR MOOD AND SUPPORT YOUR RECOVERY

What you do affects the way you feel. Things that you do are called activities. When you are active and do things that are helpful for you, you are more likely to feel good and less likely to use drugs or alcohol.

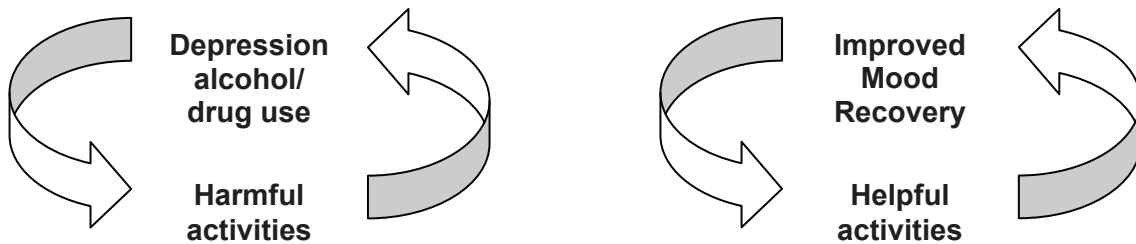
Doing helpful activities:

- Creates pleasant thoughts that stay in your head even after the activity is over.
- Can help you feel better.
- Helps you focus on things other than your worries.
- Gives you a break from your problems.
- Makes good use of time that you might otherwise use to drink or use drugs.
- Makes it easier the next time that you want to do an activity.
- Makes it easier to say “No” to drugs and/or alcohol.
- Helps you make new friends.
- Helps you learn about new hobbies.
- Gives you ideas for different jobs.
- Can help you become healthier physically.
- Can help you become healthier emotionally.
- And (if this is relevant for you) can also help you become healthier spiritually because you will do things that fit with your spiritual beliefs and values.



How Do Depression and Drinking/Using Get in the Way of Doing Helpful Activities?

Helpful activities are things you can do that make you feel good and support your recovery. **Harmful activities** are things that bring your mood down and make it more likely that you will drink or use. When people are depressed, it's common for them to feel uninterested in lots of activities, even ones that used to be fun or pleasurable to them.



The thoughts below might get in the way of doing activities. Put a check mark next to any that sound familiar to you and add your own if you want to.

- I don't really feel like doing anything today. Maybe I will feel like it tomorrow.
- Nothing sounds that enjoyable to me.
- I don't remember what I did for fun when I was sober.
- I can't enjoy myself without a drink.
- All I want to do is sleep.
- If it takes so much effort, how can it be fun?
- I don't have the energy to take a shower or get dressed.
- I don't deserve to have fun because of all the problems my drinking/using has caused for me and other people in my life.
- I have to do all my work before I do anything else.
- I need to focus on getting better, so there's no time for fun.
- Doing fun stuff is just a distraction. It isn't going to change anything and it makes it hard to think about my real problems.
- _____
- _____
- _____

For you, how else do depression and drinking/using get in the way of doing helpful activities?



What Helpful Activities Could You Do Before the Next Session?

What activities did you enjoy before you became depressed, and before you started using drugs/alcohol?

Write down one activity that you enjoy now or that you used to enjoy. Choose something you could do before the next session.



KEY MESSAGES

Key messages from this session include:

- What you do can affect how you feel.
- It is common for people who are depressed and who use alcohol/drugs to lose interest in doing helpful activities.
- Doing helpful activities can improve your mood, create helpful thoughts, and decrease cravings. And when you feel better, you will feel more like doing helpful activities.



What do you want to remember about this session?
Write your own key messages here.



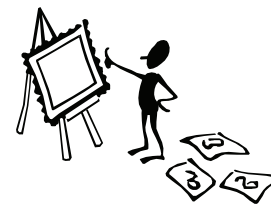
PRACTICE

This treatment will be successful for you if you learn skills for managing your mood and other coping skills you could use during challenges to your recovery. You will need to practice, just as you would if you were learning to play the piano or a new sport. If you don't practice the skills, you won't learn them. Also, by trying out new skills between sessions, you can report back to the group and let us know what worked for you and what didn't work.

Each session's practice will consist of one or more short activities that everybody in the group will try. This session's practice is:

1. Do one or more helpful activities.

What activity will you do?



2. Track your mood and coping using the Daily Check In. The Daily Check In and instructions for how to use it are on the next page. The scale provides a “quick” way for you to keep track of your moods and how well you coped with challenges to your recovery.

Try to complete the Daily Check In at the same time each day—for example, before you go to sleep each night. Keep this workbook someplace where it will be easy for you to remember to complete the Daily Check In (for example, right next to your bed). As the treatment progresses and as you practice the skills you learn in each session, you will probably find that your mood improves and that you can cope with challenges to your recovery more easily.

DAILY CHECK IN



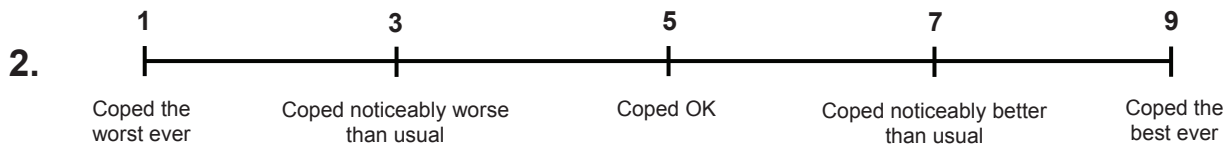
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3	3
		2	2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4	4
	Coped the worst ever	3	3	3	3	3	3	3
		2	2	2	2	2	2	2
		1	1	1	1	1	1	1

DAILY CHECK IN

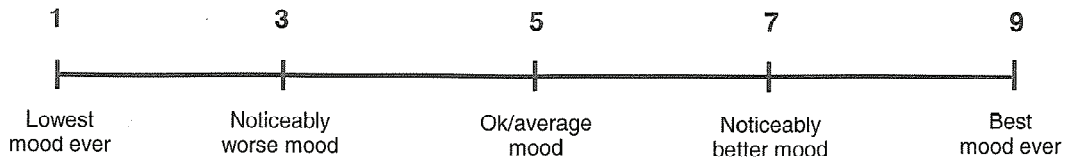


Instructions

Today's Date: Oct 24, 2007

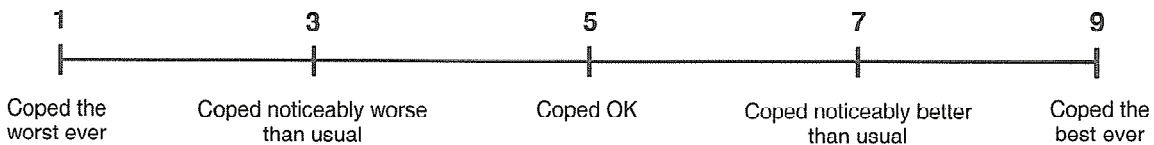
Sample

- Keep the scale beside your bed. Be aware of how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to be honest. There are no wrong answers. Only you know how you have felt each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



1.

Write in the day of the week.		<u>W</u>	<u>TH</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>	<u>M</u>	<u>Tues</u>
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	



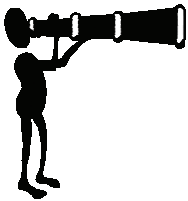
2.

Write in the day of the week.		<u>W</u>	<u>Th</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>	<u>M</u>	<u>Tues</u>
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4	4
		3	3	3	3	3	3	3
Coped the worst ever	2	2	2	2	2	2	2	
	1	1	1	1	1	1	1	



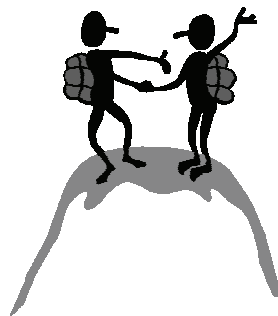
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What was difficult about today's session?
- What suggestions do you have to improve your treatment?
- If you are continuing CBT from a previous module, how have you made changes since beginning the group?



LOOKING AHEAD

In the Session 2, we will talk about how to choose helpful activities and avoid harmful activities.



SESSION 2: HOW TO CHOOSE HELPFUL ACTIVITIES AND AVOID HARMFUL ACTIVITIES

PURPOSE

- Get ideas for helpful activities to try.
- Identify harmful activities to avoid.
- Make a commitment to doing a new helpful activity.

OUTLINE

Announcements

Review

New Topic: How to Choose Helpful Activities and Avoid Harmful Activities

Noticing Your Activities: Catch It, Check It, Change It
Harmful Activities to Avoid
How to Get Ideas for Helpful Activities

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leaders know about?

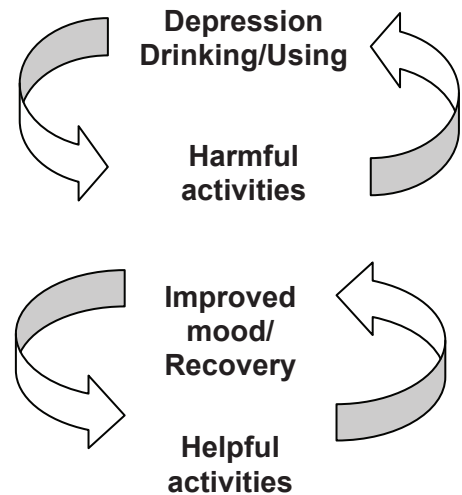


REVIEW

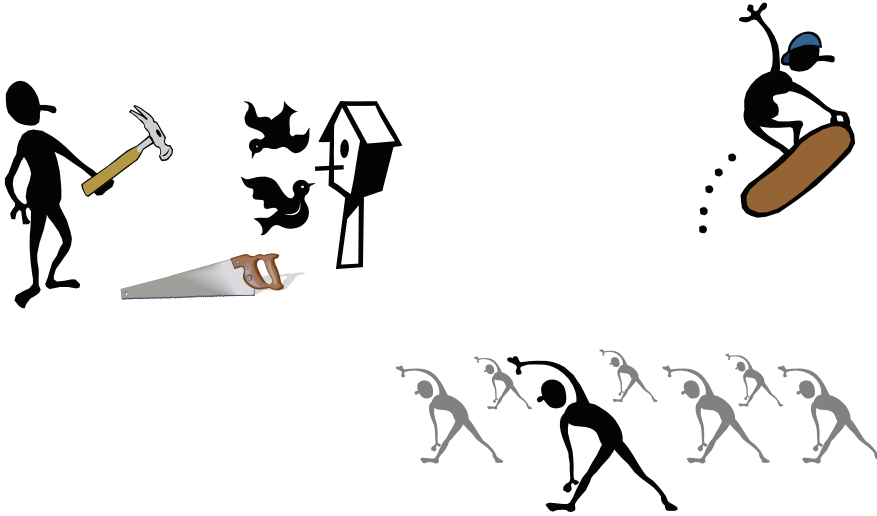
Last Session

Key messages from last session are:

- What you do can affect how you feel.
- It is common for people who are depressed and who use alcohol/drugs to lose interest in doing helpful activities.
- Doing helpful activities can improve your mood, create helpful thoughts, and decrease cravings. And when you feel better, you will feel more like doing helpful activities.



Today we will talk about how to choose helpful activities and avoid harmful activities. You will get some more ideas for helpful activities you might enjoy.



Practice

In Session 1, we talked about some practice activities. How did your practice go?

1. Do one or more helpful activities.

2. Track your mood and coping using the Daily Check In.

NEW TOPIC: ACTIVITIES CAN BE HARMFUL OR HELPFUL

Noticing Your Activities: Catch It, Check It, Change It

CBT teaches you how to manage your activities to improve your mood and support your recovery. Let's look at an approach called "Catch It, Check It, Change It."

1. Catch It



The first step is to notice—or “catch”—what activities you do.

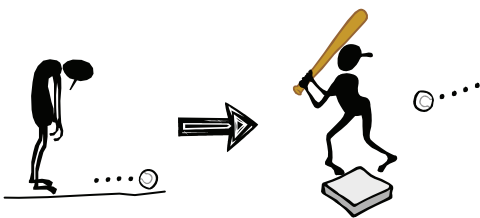
If you find that your feelings are easier to “catch” or notice than your activities, you can use your feelings as a signal to stop and focus on what you are doing. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself: “What activity was I doing at the time?” Do you find it difficult to recognize your feelings? The examples of feelings on page 32 might help you recognize your feelings.



2. Check It

Examine your activity more closely. Is the activity harmful or helpful? What is the evidence that the activity helps your recovery? What is the evidence that the activity does not support your recovery?

3. Change It

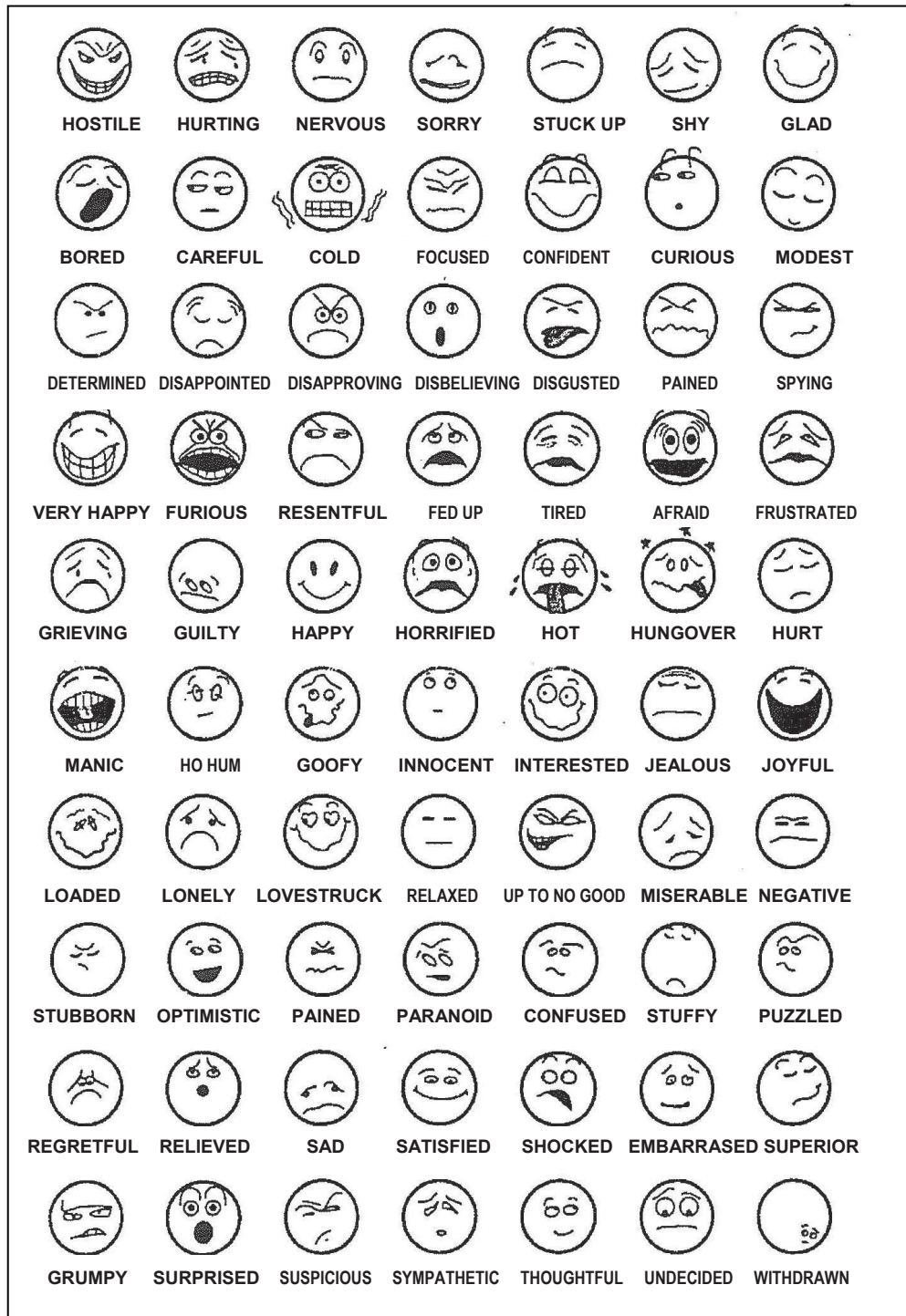


If you decide an activity is harmful, how could you change it? What helpful activity could replace your harmful activity?

Note: When you use Catch It, Check It, Change It, you might notice your good feelings too and decide that whatever activity you were doing at the time your mood was good was supporting your recovery. Don't feel like you have to “Change It” if an activity is helpful! Instead, you can say to yourself: *This activity is good for me. It makes me feel good and supports my recovery. I will keep doing it.*

Examples of Feelings and Ways of Being

Do the pictures help you remember how you feel sometimes?



Catch It, Check It, Change It

Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



What were your feelings?	What activity were you doing?	Examine the activity. What evidence do you have that the activity was harmful or helpful?	If an activity is harmful, replace it with a helpful activity.
<i>Angry, ashamed, irritable</i>	<i>I was alone and I slept until noon.</i>	<i>I missed my AA meeting and felt bad the whole day.</i>	<i>I could plan a helpful activity to do in the morning and set my alarm so I get out of bed.</i>
<i>Upset, hurt, sad</i>	<i>I had a fight with my partner and didn't talk to him or anyone else the entire day.</i>	<i>I stayed in my room alone all day, which made me more sad and upset.</i>	<i>I could talk with my partner about the fight, or talk to a friend if I need more support.</i>

Harmful Activities to Avoid

We all choose every day how to spend our time. We choose what activities to do.



Spending time with a friend is usually a helpful activity. But what if your friend is still drinking or using?

Some activities are too risky for people who are depressed or who are in recovery because the activities might make them feel more depressed or more likely to drink/use. For example, these activities might be risky for you:

- Staying in bed all day on Saturday.

- Visiting a friend in a neighborhood where you will be offered drugs.

- Going to your favorite bar.

Think about the last time you were depressed or drank/used. What activities might make you feel bad or make you feel like drinking or using?

My List of Risky Activities

Risky activities for depression

Risky activities for drinking/using



...of Risky Activities!

How to Get Ideas for Helpful Activities

When it's hard to think of helpful activities to do, remember that there are all types of activities. For example...



It is good to have activities you can do alone. It is important to have time alone to think your own thoughts and enjoy your own company.

It is also good to have activities you can do with other people. Other people may increase your motivation to do the activity. Doing fun stuff together helps people enjoy each other more, and can build and improve relationships.



Although some helpful activities cost money, there are many that are free. Helpful activities can also be short and simple, such as singing a song, looking out the window, and taking deep, relaxing breaths.

Helpful activities can also be planned and enjoyed over a longer amount of time, such as learning something new, painting a fence, and getting physically fit.

Helpful Activities: What Could You Do?

Alone	
With others	
Free	
Cost money	
Quick/ simple	
Over time	

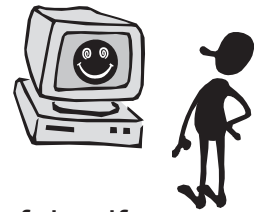
Balancing your helpful activities is important. It may be useful to think about helpful activities in four general categories: self-care, fun, learning, and meaningful.

Self-care activities are the things you do to take care of yourself and the business of your life. ***Fun activities*** are simple, helpful things you do that bring you pleasure.

<p>Self-care activities (examples: taking a bath, going to an AA meeting, paying bills)</p>
<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>

<p>Fun activities (examples: going to a movie with a friend, walking, listening to music, bird watching)</p>
<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>

Learning activities give you a sense of accomplishment or of having learned to do something well.



Meaningful activities fit with your values, boost your helpful self image, and bring purpose to your life.

Learning activities
(examples: learning how to use a computer, starting an exercise program, reading a book or newspaper, practicing the CBT skills)
1.
2.
3.
4.

Meaningful activities
(examples: being a good listener to family members or friends, helping my children with their homework, working, letting somebody else go first in line, volunteering)
1.
2.
3.
4.

All of these activities together make life rewarding and give you something to look forward to each day.

“I will do one or more of these activities before the next session.”

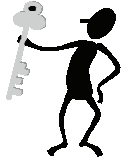
Your Signature

A List of Helpful Activities

Here are some ideas of helpful activities that you could do. Don't forget: a helpful activity can be as simple as smelling a flower.



1. Wear clothes you like
 2. Listen to the radio
 3. Watch people
 4. Look at clouds
 5. Eat a good meal
 6. Help a neighbor mow the lawn
 7. Care for a houseplant
 8. Show an interest in what others say
 9. Notice good things that happen
 10. Give a compliment or praise someone
 11. Talk about sports or current events
 12. See beautiful scenery
 13. Take a walk
 14. Make a new friend
 15. Go to a movie or play
 16. Go to a museum
 17. Play cards or chess
 18. Watch a sunset
 19. Do artwork or crafts
 20. Learn something new
 21. Collect things
 22. Join a club
 23. Read something inspiring
 24. Volunteer at the animal shelter
 25. Go to a garage sale
 26. Help someone
 27. Rearrange your room or house
 28. Talk on the telephone
 29. Volunteer
 30. Accept a compliment
 31. Read books, magazines, or poetry
 32. Daydream
 33. Brush your teeth
 34. Cook a good meal
 35. Do crossword puzzles
 36. Take a long bath or shower
 37. Talk about old times
 38. Write stories or poetry
 39. Spend time with friends
 40. Sing
 41. Go to church
 42. Read the newspaper
 43. Go to a meeting or a lecture
 44. Exercise
 45. Solve a personal problem
 46. Listen to music
 47. Do outdoor work
 48. Get a haircut or your hair done
 49. Pray
 50. Sit in the sun
 51. Have peace and quiet
 52. Go to a park, fair, or zoo
 53. Write letters
 54. Listen to birds sing
 55. Go to the library
 56. Keep a clean house
 57. Plant flower seeds
 58. Spend play time with family/children
 59. Eat a piece of fresh fruit
 60. Do your laundry
 61. Shine your shoes
 62. Recycle
 63. Practice playing an instrument
 64. Take a class
 65. Improve your math or reading skills
 66. Have the oil changed in your car
 67. Learn yoga or Tai Chi
- Add your own ideas for helpful activities.**
68. _____
 69. _____
 70. _____
 71. _____



KEY MESSAGES

Key messages from this session include:

- Activities can be short and simple.
- Avoid risky activities and replace them with helpful activities.
- Try to find balance in the kinds of helpful activities that you do.



What do you want to remember about this module?
Write your own key messages here.



PRACTICE

1. Do one or more new activities. They can be activities that:

- You do alone
- You do with other people
- That are free or low cost
- That are quick and simple

They can be any of the four types of activities:

- Self-care
- Fun
- Learning
- Meaningful

Hint: You don't have to feel like doing something to start doing it. Do the activity anyway.


Before next session, I will _____
_____.

2. Write down your activities each day.

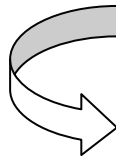
- Use one separate card for each day (using either the separate index cards or the “cards” printed in your manual).
- Write the day of the week on the cards. For example, if you start tracking your activities for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
- Mark one side of the first day’s card with a minus sign (-) and write 4–5 harmful activities that you do that day. Mark the other side of the card with a plus sign (+) and write 4–5 helpful activities that you do on the same day.
- Bring your cards with you to the next session.


3. Track your mood and coping using the Daily Check In. Notice that at the bottom there is a place for you to keep track of how many helpful activities you do each day.

Example

Activities, Day 1 —	
Thursday	
<hr/>	
(Write in the day of the week.)	
Ate cookies and coffee for breakfast.	
Skipped AA meeting.	
Went to Tony's house.	
Watched TV until 1:00 am.	

Flip the card over



Activities, Day 1 +	
Thursday	
<hr/>	
(Write in the day of the week.)	
Talked to brother on the phone.	
Opened the window for some fresh air.	
Ate an apple.	
Mailed rent check.	

DAILY CHECK IN

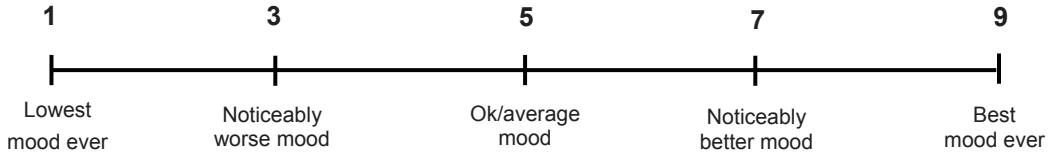


Instructions

Today's Date: _____

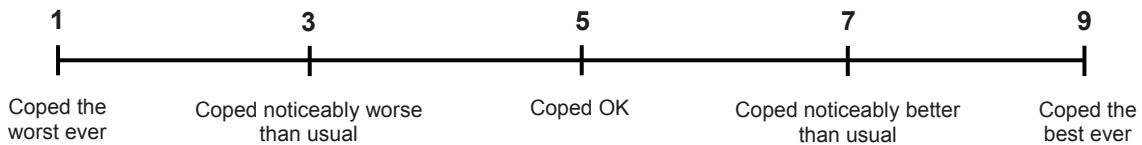
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		___	___	___	___	___	___
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1

2.



Write in the day of the week.		___	___	___	___	___	___
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
	Coped the worst ever	3	3	3	3	3	3
		2	2	2	2	2	2
		1	1	1	1	1	1

3.

Write in the day of the week.	___	___	___	___	___	___
Number of helpful activities						

Activities, Day 1

—



(Write in the day of the week.)

Activities, Day 1

+



(Write in the day of the week.)

Activities, Day 2

—



(Write in the day of the week.)

Activities, Day 2

+



(Write in the day of the week.)

Activities, Day 3

-



(Write in the day of the week.)

Activities, Day 3

+



(Write in the day of the week.)

Activities, Day 4

—



(Write in the day of the week.)

Activities, Day 4

+



(Write in the day of the week.)

Activities, Day 5

—



(Write in the day of the week.)

Activities, Day 5 +



(Write in the day of the week.)

Activities, Day 6 -





(Write in the day of the week.)

Activities, Day 6 +



(Write in the day of the week.)

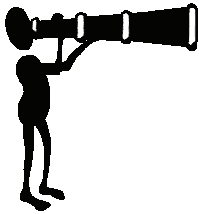
Activities, Day 7 —	
<hr/>	
(Write in the day of the week.)	

Activities, Day 7 +	
<hr/>	
(Write in the day of the week.)	



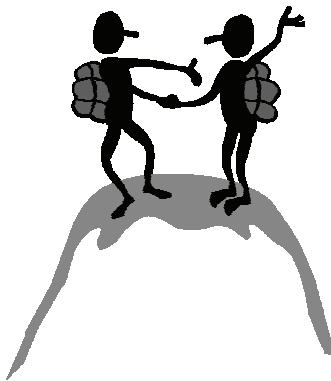
FEEDBACK

- What was difficult about today's session?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

Session 3 in “Activities, Alcohol/Drug Use, and Your Mood” is about how to plan your time so that each day is made up of helpful activities.



SESSION 3: HELPFUL ACTIVITIES FOR A HEALTHY LIFE

PURPOSE

- Understand that small efforts to do helpful activities add up to make a healthier, happier life.
- Learn how to plan your time so that you are doing helpful activities instead of risky or harmful activities.
- Understand the importance of physical activity to improve mood and manage cravings.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: Helpful Activities for a Healthy Life

 Filling Your Day with Helpful Activities

 Daily Physical Activity Improves Your Mood and Supports Your Recovery

 Getting Started: Doing Activities Even When You Don't Feel Like It

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leaders know about?

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



REVIEW

Last Session

Last session's key messages were:

- Activities can be short and simple.
- Avoid risky activities and replace them with helpful activities.
- Try to find balance in the kinds of helpful activities that you do.

Practice

- 1. Do one or more new activities.***
- 2. Write down your activities each day.***
- 3. Track your mood and coping using the Daily Check In.***






NEW TOPIC: HELPFUL ACTIVITIES FOR A HEALTHY LIFE

Filling Your Day with Helpful Activities

Learning how to plan your time will help you do helpful activities and avoid risky activities that can bring your mood down or increase your cravings. A calendar will help you plan your time.

Practice planning your time. Pretend that you are planning tomorrow, the day after this group session. Write times for:

- Getting up in the morning
- AA, NA, etc. (if you have a meeting that day)
- Appointments, such as doctor appointments
- School or work
- Other activities (if you are having trouble thinking of other activities to do, you can look back at the different kinds of activities that were discussed in Session 2 of this book).

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8 AM 							
8-10 AM 							
10-12 AM							
12-2 PM 							
2-4 PM							
4-6 PM							
6-8 PM 							
8-10 PM 							
10-12 PM 							

When is your risky time?

Did you plan something fun and helpful at that time?

During the day, did you plan to:



- Get enough sleep?



- Take a shower?

- Eat three healthy meals?



Is your day balanced? Did you plan a variety of activities?



Now take a second look at your schedule for tomorrow and add a variety of helpful activities during your risky time.

Daily Physical Activity Improves Your Mood and Supports Your Recovery

Being physically active is a fun and important activity. It not only affects your muscles. It also affects your brain and other organs in your body. For example, people who exercise do better on memory tests. They tend to have better mood. They sleep better. They have more energy to handle their day-to-day life.

You may already know that physical activity is good for your body, but did you know physical activity can help you in other ways?



- Feel better about yourself and your body.
- Help you get rid of built-up stress and frustration.

- Have a sense of accomplishment.
- Stay away from alcohol and drugs.
- Give you a break from your worries.
- Enjoy the outdoors.
- Eat healthier.
- Meet new people.
- Get to know new neighborhoods.
- Get ideas for other things to do.



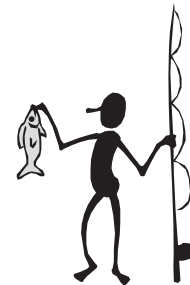
Here are some guidelines for physical activity.

- **Move your body.** Physical activity isn't just going to the gym or running a mile. It includes anything that gets your body moving such as:

- Playing with your children.
- Doing housework or gardening.
- Using the stairs instead of riding the elevator.
- Parking your car a little ways away from where you are going so you can walk the rest of the way.
- Getting off the bus two stops away from where you live and walking home.
- Walking. Walking is one of the easiest and healthiest activities you can do.



- **Do what you like to do.** For example, if you enjoy the outdoors, plan outdoor activities. What do you like to do?

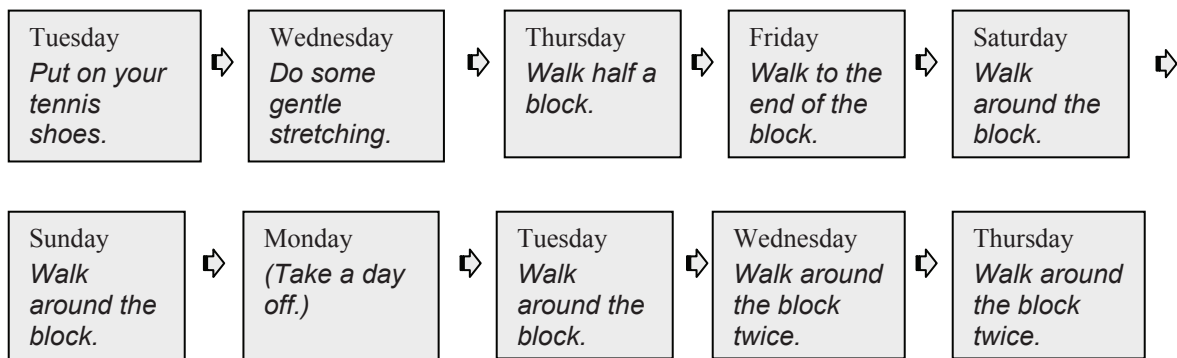


- **Try to be physically active for 30 minutes each day.**



- **Set reasonable goals** and go at your own pace.

For example, if you decide you want to run for physical activity, you don't have to run a 10K race the first day—or ever! You might start like this.



- **Start TODAY!** However, if you have a medical condition, check with your doctor before doing strenuous physical activity.

I would like to be more physically active. I will start by:



Getting Started: Doing Activities Even When You Don't Feel Like It



How can you jump start your engine? How can you increase the chances that you will do a helpful activity?

1. Act “as if.” See what it feels like to act “as if” you feel good. Smile, even if you don’t feel like smiling. Research shows that smiling can help people feel better.



2. Get the ball rolling, even if you don't feel like it. Once you get started doing an activity, it is easier to keep going. **Make a move**—what small step could you take right now?



3. Make plans. Think ahead about activities you could do and put them on your “calendar,” even if your calendar is in your head. When it’s time to do the activity, don’t think about it—just do it.

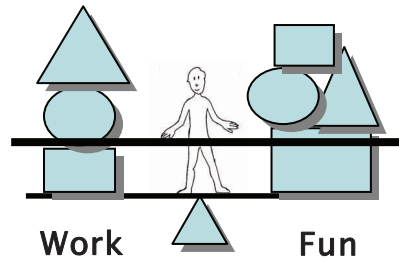




4. Set yourself up for success. If you plan to do an activity in the morning, go to bed early and set an alarm clock. When the alarm goes off, don't have a debate with yourself about getting out of bed. Just do it!

5. Get others involved. Ask a friend or family member to support you. Tell them the helpful activity you plan to do and ask them to encourage you to do this activity.

6. Balance your time. Most people feel best when they balance the things they need to do and the things they want to do. They work, go to school, and take care of themselves and their families. *And* they relax and have fun.

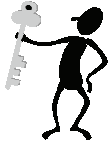


Thursday's Activities

- Eat breakfast*
- Shower, wash hair, brush teeth*
- Write check for rent*
- Work ½ day*
- Meet sister for lunch*
- Call sponsor*
- Walk to park and back*
- Read 1st chapter in new book*

7. Plan for variety. Doing different types of activities each day can make your day more interesting.





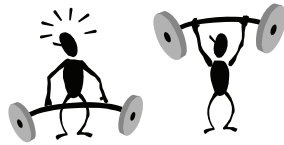
KEY MESSAGES

Key messages from this session are:

- Planning to do helpful activities and putting them on your calendar helps you avoid harmful or risky activities.
- Physical activity can improve your mood and support your recovery.
- Doing activities (even when you don't feel like it) can help you feel better and support your recovery.



What do you want to remember about this module?
Write your own key messages here.



PRACTICE

- 1. Plan at least one more day in your week** on the calendar on page 57.
- 2. Write down your activities each day.**
- 3. Track your mood and coping using the Daily Check In.**
Continue counting the number of helpful activities you do each day.

DAILY CHECK IN

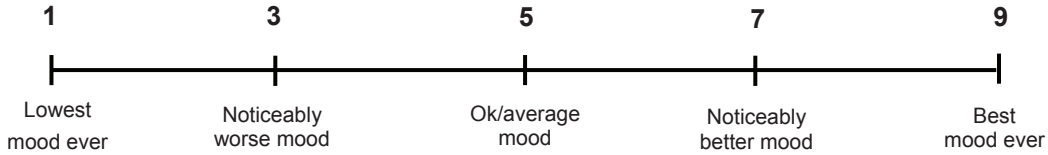


Instructions

Today's Date: _____

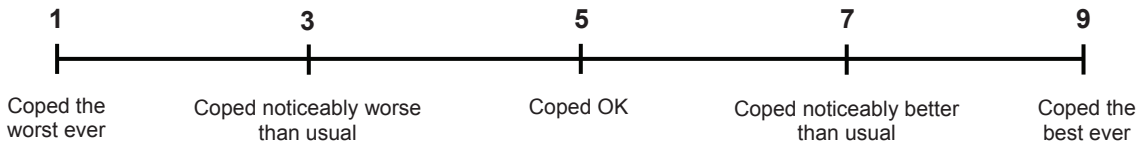
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		___	___	___	___	___	___
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1

2.



Write in the day of the week.		___	___	___	___	___	___
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1

3.

Write in the day of the week.	___	___	___	___	___	___
Number of helpful activities						

Activities, Day 1 —



(Write in the day of the week.)

Activities, Day 1 +



(Write in the day of the week.)

Activities, Day 2 —



(Write in the day of the week.)

Activities, Day 2 +



(Write in the day of the week.)

Activities, Day 3 -



(Write in the day of the week.)

Activities, Day 3 +



(Write in the day of the week.)

Activities, Day 4

—



(Write in the day of the week.)

Activities, Day 4

+



(Write in the day of the week.)

Activities, Day 5

—



(Write in the day of the week.)

Activities, Day 5 +



(Write in the day of the week.)

Activities, Day 6 -





(Write in the day of the week.)

Activities, Day 6 +



(Write in the day of the week.)

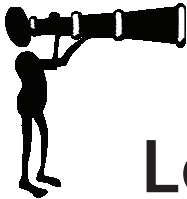
Activities, Day 7 —	
<hr/>	
(Write in the day of the week.)	

Activities, Day 7 +	
<hr/>	
(Write in the day of the week.)	



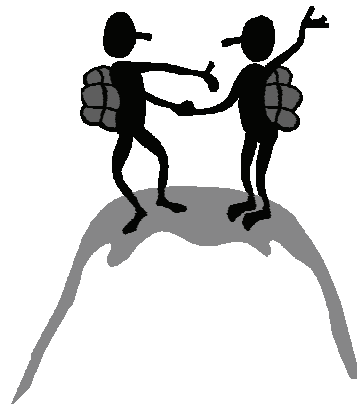
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

In the next session of the Activities module, we will talk more about activities that might be risky for you while you are working hard to improve your mood and stay sober.



SESSION 4: WHAT ARE YOUR RISKY ACTIVITIES?

PURPOSE

- Learn that your mood and cravings can go up or down based on the activities you choose to do.
- Identify those harmful activities that can lead you to feel like drinking/using.
- Learn new ways of coping with risky situations.

OUTLINE

Announcements

Review

New Topic: What Are Your Risky Activities?

One Activity Can Lead to Another: A Chaining Activity

Know Your Risky Activities

Coping with Risky Situations

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leaders know about?



REVIEW

Last Session

Last session's key messages were:

- Planning to do helpful activities and putting them on your calendar helps you avoid harmful or risky activities.
- Physical activity can improve your mood and support your recovery.
- Doing activities (even when you don't feel like it) can help you feel better and support your recovery.

Practice

1. Plan at least one more day in your week on the calendar on page 55.

2. Write down your activities each day.

3. Track your mood and coping using the Daily Check In.

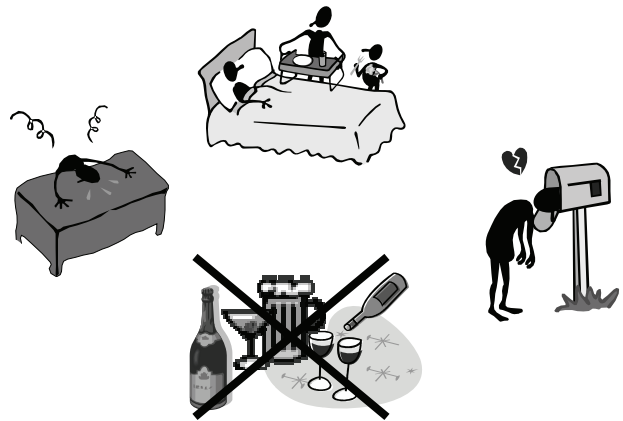
NEW TOPIC: WHAT ARE YOUR RISKY ACTIVITIES?

One Activity Can Lead to Another: A Chaining Activity



The destructive cycle of depression and drinking/using can begin with a fact or event, such as:

- You lose a job.
- A relative or friend dies.
- You get sick.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped drinking or using.



The chaining activity illustrates how your mood can get better or worse depending on the activities you do in response to the fact or event.


As your mood changes, how does this affect your cravings (desire to use)?

Are you more likely to crave (want to use) when your mood is good or bad?

Instructions

1. In the table on the next page, **write a statement of fact or an event** on the line next to #5.
2. Think about things you could do that would bring your mood down. What activity might bring your mood down just a little? Don't take a step that is too big. Choose an activity instead of a thought and make sure it is realistic. **Write that activity next to #4.**
3. **Think of a continuous chain of activities** that make you feel worse, until your mood is at its lowest. Write that chain of activities on lines #3, #2, and #1.
4. Complete the rest of the chaining activity going up. What is a helpful activity that would make your mood improve just a little? **Write that activity next to #6.**
5. Fill in lines #7 and #8.
6. What helpful activity might make you really happy? **Write that next to #9.**

Sample

Best mood	9.	Join a bowling league.
	8.	Go bowling with my new friend.
	7.	Make a new friend at work.
	6.	Join a divorce support group.
Okay/ average mood	5.	I got a divorce.
	4.	Don't see old friends who knew my husband too.
	3.	Don't answer the phone.
	2.	Don't get dressed on weekends.
Worst mood	1.	Stay in bed all day.

Your Chaining Activity



Best mood	9.	
↑	8.	
	7.	
	6.	
Okay/ average mood	5.	Statement of fact _____
↓	4.	
	3.	
	2.	
Worst mood	1.	

The chaining activity illustrates that:

- When you do one activity, you often start a chain—one activity can lead to another activity, other thoughts, other feelings, and other contacts with people. In general, more helpful activities lead to more helpful activities, thoughts, and feelings. So remember that you can choose what activities you do.
- Activities are linked to mood. When you feel down, it may be hard to do helpful activities. But when you do helpful activities, you are more likely to:
 - Do even more helpful activities.
 - Feel happier and healthier.
 - Have positive thoughts about yourself and your life.
 - Have helpful contact with other people.

Know Your Risky Activities

Remember that your risky activities are the harmful activities that can set off a chain reaction of other harmful activities that can lead you to feel like drinking or using. If you stay away from your risky activities, you avoid the chain of harmful activities that can follow.

Remember that an activity that might be helpful for one person can be a risky activity for another person.

For example: One person enjoys going to a park in his neighborhood where he plays basketball with friends and sits on the grass in the shade. Going to the park is a helpful and fun activity.



For another person, going to the park is a harmful activity because he used to go there to get drugs. Going to the park makes his cravings stronger, so it is one of his risky activities. He should not go to the park while he works on his recovery.

Think about the last situation when you last used or drank. What were some of your risky activities? Of these activities, check off which ones were the most likely to cause you to drink or use?

Risky Activities	Activities most harmful to me
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

Coping with Risky Situations

Use your thoughts to help you cope with risky situations.

You can use your thoughts to help you cope and manage how you act. Here are some examples.

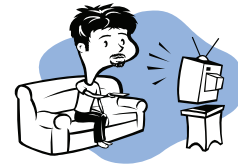


I don't have to drink just because everybody else is drinking... And I don't have to explain why I am not drinking. I can just say, 'Could I have a Coke (or a lemonade)?' and leave it at that.



It's New Year's Eve and I usually get plastered. But this is the beginning of a year free of alcohol. I might as well start the year off right.

I'm feeling frustrated because I'm broke and can't even rent a movie. Maybe I can borrow one from the public library. Or maybe I will just watch a TV show.



My girlfriend just broke up with me. I'm feeling as bad as can be. I would usually start drinking right about now. But then I'd add one more problem to my life. I have had enough. I don't need to add any more problems right now. I think I will go to an AA meeting instead.





KEY MESSAGES

Key messages from this session include:

- Choosing to do a helpful activity can lead you to do more helpful activities.
- Some harmful activities have special power for you because they make it more likely that you will act in a harmful way, such as drinking or using drugs.
- You can choose how you react in risky situations.



What do you want to remember about this module?
Write your own key messages here.



PRACTICE

- 1. Notice any risky activities or situations. What are your options in how to cope with them?**
- 2. Write down your activities each day.**
- 3. Track your mood and coping using the Daily Check In.** Notice that at the bottom there is a place for you to keep track of how many helpful activities you do each day.

DAILY CHECK IN

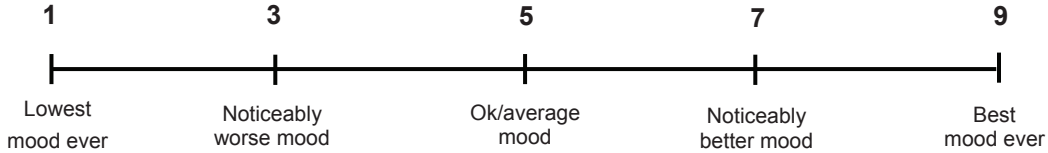


Instructions

Today's Date: _____

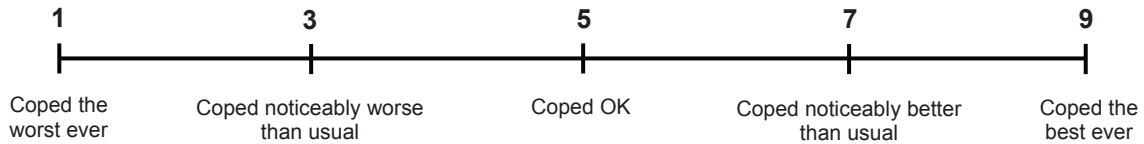
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		___	___	___	___	___	___	___
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	

2.



Write in the day of the week.		___	___	___	___	___	___	___
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	

3.

Write in the day of the week.	___	___	___	___	___	___	___
Number of helpful activities							

Activities, Day 1 —



(Write in the day of the week.)

Activities, Day 1 +



(Write in the day of the week.)

Activities, Day 2 —



(Write in the day of the week.)

Activities, Day 2 +



(Write in the day of the week.)

Activities, Day 3 -



(Write in the day of the week.)

Activities, Day 3 +



(Write in the day of the week.)

Activities, Day 4 —



(Write in the day of the week.)

Activities, Day 4 +



(Write in the day of the week.)

Activities, Day 5 —



(Write in the day of the week.)

Activities, Day 5 +



(Write in the day of the week.)

Activities, Day 6 -



(Write in the day of the week.)

Activities, Day 6 +



(Write in the day of the week.)

Activities, Day 7

—



(Write in the day of the week.)

Activities, Day 7

+

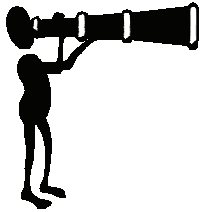


(Write in the day of the week.)



FEEDBACK

- What was difficult about today's session?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

Session 5 in “Activities, Alcohol/Drug Use, and Your Mood” is about how to set goals for the future and do helpful activities to meet your goals.



SESSION 5: HOW TO KEEP DOING HELPFUL ACTIVITIES

PURPOSE

- Learn how to improve your sleep.
- Identify roadblocks that may come up as you do helpful activities and learn how to get around them.
- Understand that helpful activities can help you meet your goals.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: How to Keep Doing Helpful Activities

 Tips to Improve Your Sleep

 Problem Solving

 Pacing Yourself

 Pleasure Predicting

 Setting Goals

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leaders know about?

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



REVIEW

Last Session

Last session's key messages were:

- Choosing to do a helpful activity can lead you to do more helpful activities.
- Some harmful activities have special power for you because they make it more likely that you will act in a harmful way such as drinking or using drugs.
- You can choose how you react in risky situations.

Practice

- 1. Notice any risky activities or situations. What are your options in how to cope with them?***
- 2. Write down your activities each day.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: HOW TO KEEP DOING HELPFUL ACTIVITIES

Tips to Improve Your Sleep

Many people with depression and alcohol/drug problems have problems with sleep. Some people have trouble getting enough sleep and others sleep too much. Getting the right amount of sleep will help to improve your mood and support your recovery.



What is your sleep like now?

These tips can help to improve your sleep. If you don't have sleep problems, keep these tips in mind in case you need them in the future.

To develop a regular sleep pattern, try the first three tips. Eventually, you should feel sleepy at about the same time every night.



1. Do not go to bed until you are sleepy. If you find yourself lying awake, get up and go to another room until you feel tired. Then return to bed.

2. Get up at about the same time each morning, including weekends. If you feel you must sleep in, don't oversleep by more than one hour.



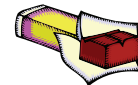
3. Try not to take naps if you find that naps make it difficult for you to sleep at night.

The next tips will help you avoid some common habits that make it hard to sleep. They also will help you build new habits that improve sleep.

4. Do not eat or drink anything with caffeine after about 4 PM or within six hours of bedtime. Things that contain caffeine include:



▪ Certain foods (for example, chocolate)



▪ Certain drinks (for example, tea, coffee, and soda)

▪ Some medications (for example, over-the-counter cold, headache, and pain relief medications)





5. Do not smoke within several hours of bedtime; nicotine is a stimulant.



6. Do not drink alcohol.



7. Participate in physical activity regularly. Try to finish physical activity at least four hours before bedtime.

8. Think of ways to make your sleep environment more comfortable.

- Keep books, newspapers, magazines, telephones, TVs, laptop computers, and other distractions away from the bed. Use the bed for sleep and sex only.
- Ask others to keep the noise down. Use ear plugs if necessary.
- Arrange a comfortable room temperature.
- Use curtains or place something over the window to darken the room.



9. Avoid eating large meals and drinking a lot of fluids right before bed. If you wake up in the middle of the night, do not have a snack.



10. If you use any medications, take them only as prescribed. If you feel that the medications are making your sleep problems worse, talk with your doctor. Some over-the-counter medications contain stimulants (ingredients that can keep you awake).

If you sleep too much...

For most people, the right amount of sleep is between seven and nine hours each night. If you are sleeping more than that, you may be sleeping too much. Try these tips for getting up and going, and staying active all day.

1. Put your alarm clock across the room so you are forced to get out of bed to turn it off.



2. Open the curtains or window shade first thing in the morning. The light will help you feel more awake.

3. Ask a friend to call you in the morning to help you wake up and get going.



4. Plan to do an activity that you enjoy in the morning. You could:

- Listen to music
- Read the newspaper
- Go outside to get some air and sunshine
- Do something with a friend

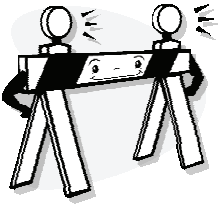
5. Plan an “active” activity for the part of the day that you are most likely to nap. For example, make that time your exercise time instead of the time you lie quietly on your bed and read.

Note: The tips above work for most people. However, everyone is different. If you have routines that help you get to sleep that don’t involve using alcohol or drugs, keep them. It is important that you find the sleep tips that work best for YOU.

Sleep tips that I would be willing to try:



Problem Solving



What gets in the way of doing helpful activities?

Some common roadblocks are listed below. What could you do to get around the roadblocks?

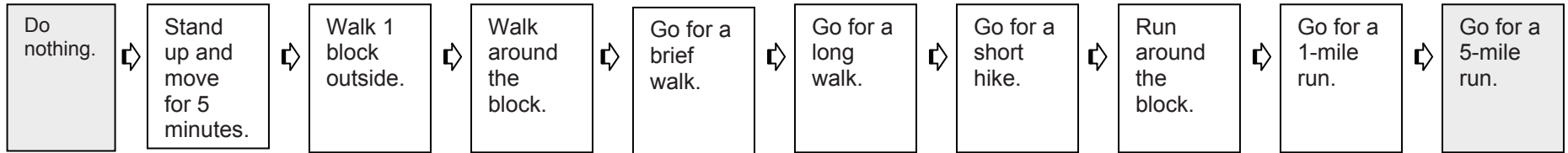
Write your own roadblocks and ideas for getting around them at the bottom of the list.

Examples	Ideas for Getting Around Them
I don't have money.	<ul style="list-style-type: none"> • Do an activity that doesn't cost money. • Look in the newspaper for free activities.
I feel like I don't deserve to have fun.	<ul style="list-style-type: none"> • Challenge the harmful thought with helpful thoughts: <ul style="list-style-type: none"> - "A healthy life includes work and fun." - "I need to learn that I can stay in recovery and have fun. Otherwise it will be harder to maintain my recovery."
I have no car.	<ul style="list-style-type: none"> • Walk or ride the bus. • Do activities close to home.
I'm too tired.	<ul style="list-style-type: none"> • Start with a simple activity that takes only one minute. For example, step outside and look at the sunset, sing a song you like, or make a plan to do something nice for someone you love.
I don't know anyone to do fun things with.	<ul style="list-style-type: none"> • Do fun things you are good at in the company of other people (go to free outdoor concerts; visit parks, museums, zoos; attend religious, political, environmental meetings). You will at least have fun and you might find someone who likes the same things.

Pacing Yourself

In starting a new activity, if you try to do too much at once, you may feel overwhelmed and quit doing the activity. But remember, you can start small and go at your own speed. For example, if you are interested in jogging, you don't have to run a marathon the first time you step outside. It is more important to do **something** than it is to do **everything**. What pace is right for you?

1. Given my energy level, health, and time, if I wanted to exercise, what might I do? (Circle one or write your own.)



2. Think of a helpful activity you want to do. How could you pace yourself in doing this activity?



Pleasure Predicting

A common problem for people who are depressed is that, even before they do an activity, they decide they won't like it. They think "what's the use?"

You can increase the chances that you will DO activities and that you will **enjoy** them.

- **First**, pick an activity that sounds like it might be **fun for you**. Write it in the first column in the chart at the bottom of the page.
- **Second**, do the activity under **conditions that will make it most enjoyable for you**. Set yourself up for success. For example, if you want to go to a movie, YOU choose:
 - What movie to see.
 - Whether to see it alone or with someone.
 - The time that you go.
 - Where you sit.

Make the activity as much fun as possible for you.

- **Third**, do some “pleasure predicting.” Before you do an activity, **guess how much you think you will enjoy it**. Do the activity.

Then **think about how much you actually enjoyed it**. Most people find that they enjoyed the activity even more than they thought or predicted they would. Their mood improves and they are motivated to do another activity.



Pleasure Predicting Chart

Rating system: * not at all ** a little bit *** moderately **** quite a bit ***** very much

Activity	Before How much do you think you will enjoy this activity?	After How much did you actually enjoy this activity?
Taking a walk	**	***
(What activity could you do?)	(How much will you enjoy it?)	(For now, pretend that you did the activity and guess how much you actually enjoyed it.)

Setting Goals

Why set goals?

Depression and drinking/using can take away your desire to do things—even something as simple as getting out of bed. Depression often brings with it the thought: “What’s the point?”

As you leave depression behind and continue your recovery, you will start doing more activities. Yet, you may feel unsure of which way you want your life to head. Setting goals can provide **a sense of direction**.

Having goals helps you to:

- Organize your energy.
- Focus.
- Figure out what is most important to you in life.
- Feel hopeful about the future.



important to

What are goals?

Goals are specific things you work towards. Here are some examples.

1. Go all day without a drink.
2. Feel better physically.
3. Feel better emotionally.
4. Live within the law.
5. Spend quality time with my children.

You can set a goal for any point in the future. You can also set goals that are connected to each other. Short-term goals can help you reach your long-term and lifetime goals.

Time	Goal
Short Term: <i>1 to 2 weeks.</i>	“Go to an AA meeting today and sign up to fix the coffee at the next meeting.”
Long Term: <i>Within 3 months.</i>	“Go to 90 meetings in 90 days.”
Lifetime:	“Live a lifetime in recovery.”

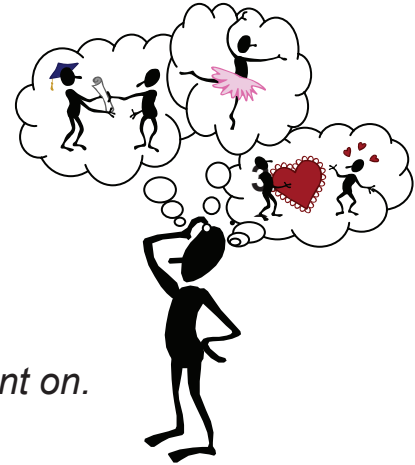
Warning! Some goals are destructive. For example:



- Being perfect (no one is perfect).
- Considering yourself a failure if you aren't the best.
- Setting goals for somebody else and making **your** happiness dependent on **him or her** reaching the goals.

Think about your goals

It might be hard now to think about the future, but it is good to have a picture in your mind of what you want your life to be like.



Here are some examples of lifetime goals:

- *I want to be the kind of person people can count on.*
- *I want to enjoy life without drugs or alcohol.*
- *I want to live as healthy a life as I can for as long as possible.*
- *I want to be an educated person.*

Think about your dreams for the future and write your ideas below.

A lifetime goal I would like to work toward is:



In the next session, you will have a chance to think more about what is important to you, how you see yourself in the future, and how you can do helpful activities in the short term to reach your goals.



KEY MESSAGES

Key messages from this session are:

- You can work around roadblocks that get in the way of helpful activities.
- Strategies such as pacing yourself and predicting pleasure will help you keep doing helpful activities.
- To feel good, it is helpful to have something to look forward to (short-term and long-term goals).



What do you want to remember about this session?
Write your own key messages here.



1. If you find it difficult to do activities, *try using the tools we talked about.*

- Problem solving
- Pacing yourself
- Predicting pleasure

2. Before and after you do a new activity, *fill out the Pleasure Predicting Chart* (it is in your workbook after the Daily Check In).

3. Review the helpful activities you wrote down on index cards. In the next session, you will have a chance to think about which helpful activities would be most helpful to you in the future to keep your mood up and support your sobriety.

4. Track your mood and coping using the Daily Check In. Track the number of helpful activities you do each day.

DAILY CHECK IN

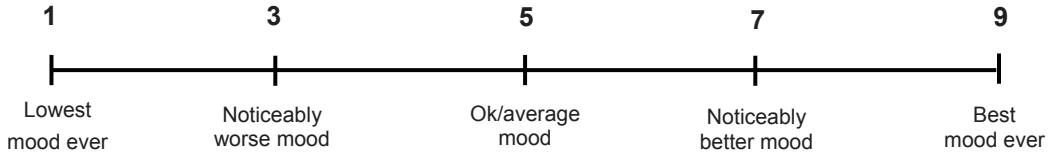


Instructions

Today's Date: _____

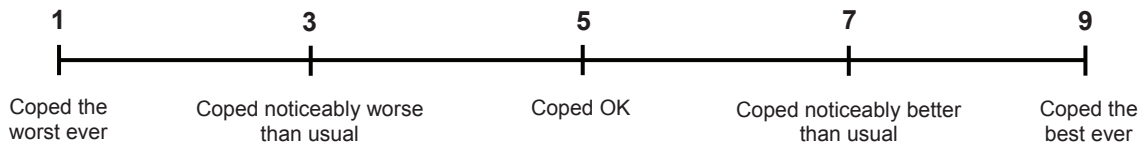
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7 or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		___	___	___	___	___	___
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1

2.



Write in the day of the week.		___	___	___	___	___	___
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
		3	3	3	3	3	3
Coped the worst ever	2	2	2	2	2	2	
	1	1	1	1	1	1	1

3.

Write in the day of the week.	___	___	___	___	___	___
Number of helpful activities						



Pleasure Predicting Chart

Instructions: How good are you at predicting fun? Write in the left column some new activities that you could do. Use the star rating system to predict how much you will enjoy the activities. Do two or more of the activities. Then, afterwards, rate how much you actually enjoyed the activities.

Do you see a pattern? What have you learned? Notice in the examples that sometimes a person enjoys an activity more than he or she expects to.

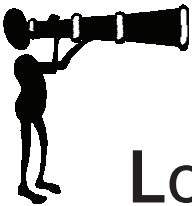
Rating system: * not at all ** a little bit *** moderately **** quite a bit ***** very much

Activity	Before you do the activity: How much do you think you will enjoy this activity?	After you do the activity: How much did you actually enjoy this activity?
Taking a walk	**	***
Talking to a friend	***	*****



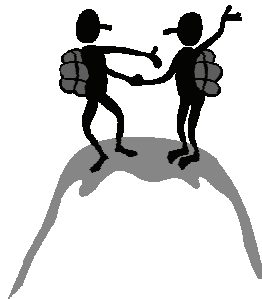
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What was difficult?



LOOKING AHEAD

The next session is the last session in “Activities, Alcohol/Drug Use, and Your Mood.” Many of you will continue CBT with another module. Others may be graduating from CBT. We will talk about how to keep doing helpful activities even after the CBT group is over.



SESSION 6: HOW TO SHAPE YOUR FUTURE WITH HELPFUL ACTIVITIES

PURPOSE

- Think about your goals for the future.
- Identify some short-term activities you can do to meet your long-term and lifetime goals.
- Make a “Coping Card” that you can use to keep your mood up and support your recovery.

OUTLINE

Welcome

Announcements

Review

New Topic: How to Shape Your Future with Helpful Activities

What Are Your Dreams for the Future?

Coping Cards Can Help to Improve Your Mood and Support Your Recovery

Key Messages

Practice

Review of Activities Module

Goodbye to Graduating Group Members

Feedback

Looking Ahead to the Next Module



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leaders know about?



REVIEW

Last Session

Last session's key messages were:

- You can work around roadblocks that get in the way of helpful activities.
- Strategies such as pacing yourself and predicting pleasure will help you keep doing helpful activities.
- To feel good, it is helpful to have something to look forward to (short-term and long-term goals).

Practice

1. If you find it difficult to do activities, *try using the tools we talked about.*

- Problem solving
- Pacing yourself
- Predicting pleasure

2. Before and after you do a new activity, *fill out the Pleasure Predicting Chart.*

3. *Review the helpful activities you wrote down on index cards.*

4. *Track your mood and coping using the Daily Check In.*

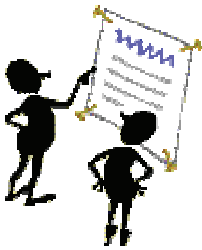


NEW TOPIC: HOW TO SHAPE YOUR FUTURE WITH HELPFUL ACTIVITIES

What Are Your Dreams for the Future?

Tips for setting goals

Set goals that are:



- Specific.
- Manageable and realistic.
- Under your control.

How can you reach your long-term and lifetime goals?

Long-term and lifetime goals suggest a *direction* for your life, rather than a specific end point. Those goals can give you a feeling of purpose in your life.

You can reach your long-term or lifetime goals by setting short-term goals and doing helpful activities that help you reach them. Before you know it, the small steps you take every day will help you get closer to your big goals. You can also get a great deal of satisfaction and enjoyment from achieving each step along the way to a big goal. The table below suggests some short-term steps you could take to reach bigger goals.

Setting Goals

Short-term goals (1 to 2 weeks)	Long-term goals (within 3 months)	Lifetime goals
Stay in treatment; go to four AA meetings.	Offer support to someone else at an AA meeting.	Help people.
Take my kids to the park.	Stay clean so I can be there for my kids.	Be a good parent.
Show up on time to do an activity with a friend.	Do an activity with a friend at the same time every week.	Be a person that others can count on.
Ask my counselor about affordable schools nearby.	Enroll in one class.	Be an educated person.
Stay clean today.	Have my own apartment.	Live on my own.

Look at the last session in your workbook and review your lifetime goals. What steps could you take to reach your lifetime goals? Write your ideas on the lines below.



My long-term goal (within the next three months)

My short-term goal (in the next week or two)

To achieve my long-term and lifetime goals, I need to set short-term goals that will help me get there. My short-term goal is to:

Steps to reach my short-term goal



Think about these questions related to what you need to do to achieve your short-term goal.

I will begin (when):

I will do (what):

I will do this much (how much or how little):

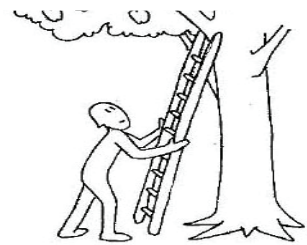
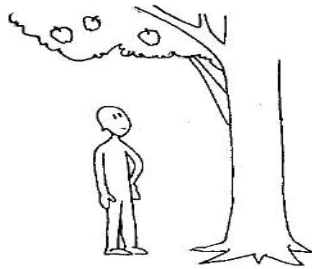
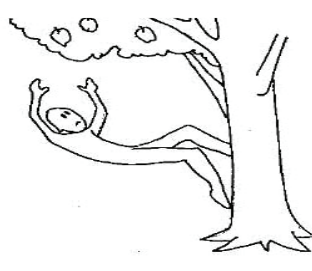
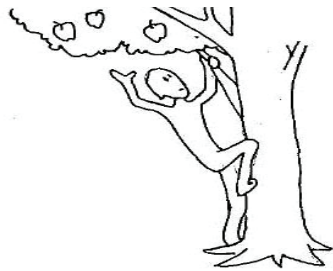
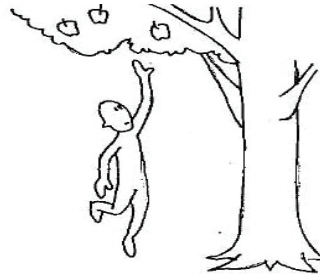
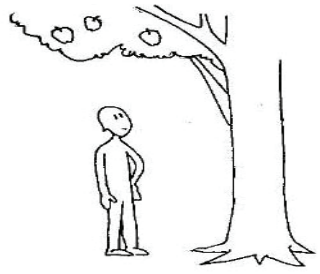
I will do it in this place (where):

I will do it in this way (your method, or the steps you will take):

When you reach your goal or complete a step toward your goal, celebrate (without alcohol or drugs).

How will you celebrate?

How can you reach your goal?



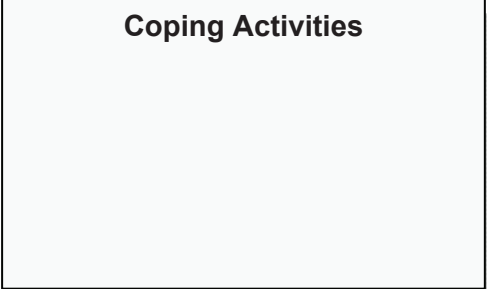
You can reach your goal by:

- Taking one step at a time.
- Using tools such as CBT or getting help from others.
- Trying until you find a method that works for you.

Coping Cards Can Help to Improve Your Mood and Support Your Recovery

Make a “coping card” to help you remember and use helpful activities.

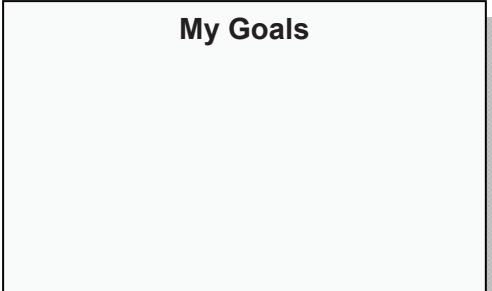
- Use one 3” x 5” index card.
- On one side of the card, write “Coping Activities” at the top. Write as many helpful activities as you can think of. Try to think of activities that have improved your mood in the past and that have few roadblocks. You can include helpful activities that you tried out during this module.



For example:

- Take a hot shower
- Pet my dog
- Watch the sunset

- On the other side of the card, write “My Goals”. These can be short-term, long-term, or lifetime goals, whichever is most important to you in staying sober.



Examples of goals:

- To live on my own
- To take my kids to the park
- To be clean today



If you're feeling down, or if you feel like drinking or using drugs, pull out a card and read it. It can help you get past the moment of stress.

Keep your coping cards someplace where you can find them easily and where they will help you the most. If you find that you are doing risky activities during the day or having strong cravings, carry your coping card in your purse or wallet.

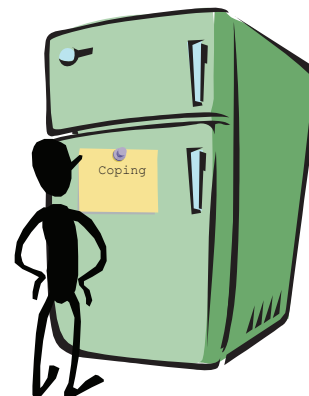


If you are likely to feel down or have strong cravings at night, keep your card at home.

You could tape it to the wall beside your bed,



...or put in on the refrigerator.





KEY MESSAGES

Key messages from this session are:

- You can reach your long-term goals by setting short-term goals and doing helpful activities.
- By setting goals and doing activities, you can shape your future.
- A coping card can help you remember to do helpful activities.



What do you want to remember about this session?
Write your own key messages here.



- 1. Do a *step*** to work towards your short-term goal.
- 2. Find a *place*** to keep your coping card.
- 3. Track your mood and coping using the *Daily Check In*.**
Continue to count the number of helpful activities you do each day.

DAILY CHECK IN

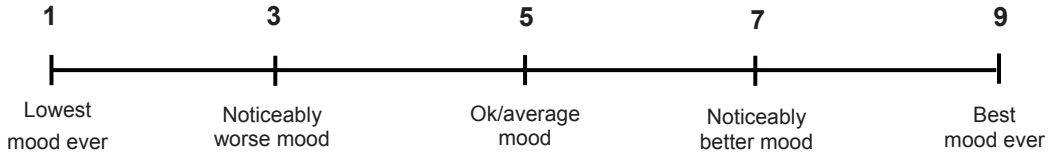


Instructions

Today's Date: _____

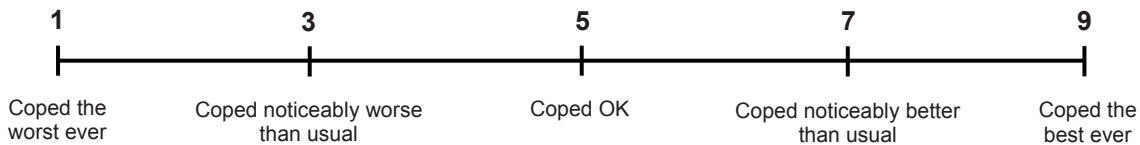
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1.



Write in the day of the week.		___	___	___	___	___	___
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1

2.



Write in the day of the week.		___	___	___	___	___	___
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
		3	3	3	3	3	3
	Coped the worst ever	2	2	2	2	2	2
		1	1	1	1	1	1

3.

Write in the day of the week.	___	___	___	___	___	___
Number of helpful activities						

REVIEW OF MODULE: “ACTIVITIES, ALCOHOL/DRUG USE, AND YOUR MOOD”

Over the past six sessions, we have been focusing on activities. You have learned that the activities you do affect how you feel and that your feelings affect your drinking and using.

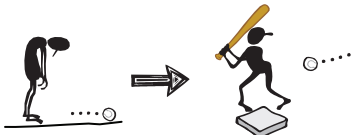
How have you made changes in your activities?



1. You can **catch**, or notice, your activities.



2. You can **check**, or examine, your activities to see if they help you or harm you. A helpful activity is healthy for you—it makes you feel good and helps you stay sober.



3. You can **change** the harmful activities that get in the way of your good mood and recovery, and choose to do helpful activities instead.



What idea will help you the most? What will you remember from the Activities module? Write your ideas below.

The most important thing I learned from the Activities module is:

Key messages from “Activities, Alcohol/Drug Use, and Your Mood” are:

Session 1: Helpful Activities Can Improve Your Mood and Support Your Recovery

- What you do can affect how you feel.
- It is common for people who are depressed and who use alcohol/drugs to lose interest in doing helpful activities.
- Doing helpful activities can improve your mood, create helpful thoughts, and decrease cravings. And when you feel better, you will feel more like doing helpful activities.

Session 2: Choosing Helpful Activities and Avoiding Harmful Activities

- Activities can be short and simple.
- Avoid risky activities and replace them with helpful activities.
- Try to find balance in the kinds of helpful activities that you do.

Session 3: Taking Care of Today

- Planning to do helpful activities and putting them on your calendar helps you avoid harmful or risky activities.
- Physical activity can improve your mood and support your recovery.
- Doing activities (even when you don’t feel like it) can help you feel better and support your recovery.

Session 4: What Are Your Risky Activities?

- Choosing to do a helpful activity can lead you to do more helpful activities.
- Some harmful activities have special power for you because they make it more likely that you will act in a harmful way such as drinking or using drugs.
- You can choose how you react in risky situations.

Session 5: How to Keep Doing Helpful Activities

- You can work around roadblocks that get in the way of helpful activities.
- Strategies such as pacing yourself and predicting pleasure will help you keep doing helpful activities.
- To feel good, it is helpful to have something to look forward to (short-term and long-term goals).

Session 6: Doing Helpful Activities to Shape Your Future

- You can reach your long-term goals by setting short-term goals and doing helpful activities.
- By setting goals and doing activities, you can shape your future.
- A coping card can help you remember to do helpful activities.



GOODBYE TO GRADUATING GROUP MEMBERS

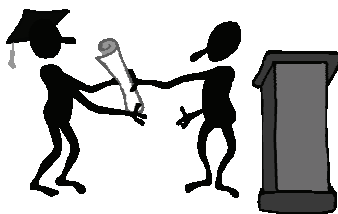
If you have completed all three modules in CBT, you are now a CBT graduate.

CONGRATULATIONS !

Since you are leaving the group, you might want to talk about the following.

1. What have you learned that you think will help you feel better and manage your cravings?
2. What have you learned that will help you reach some of your goals?
3. How will you get support in your everyday life when you are no longer coming to group meetings?
4. What will you do the next time you feel depressed?
5. What will you do the next time you feel like drinking or using?

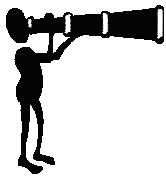
If you still feel depressed or if you are still having strong cravings that you feel you cannot resist, tell your group leader, and he or she will help you get further treatment.





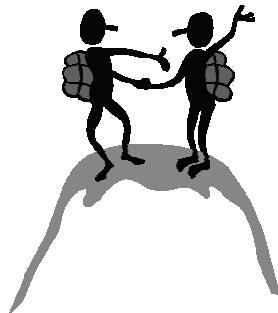
FEEDBACK

- What was helpful in today's session and in the Activities module?
- What was less helpful?



LOOKING AHEAD TO THE NEXT MODULE

The next module is called “People, Alcohol/Drug Use, and Your Mood.” You will learn how depression may cause problems in your interactions with people and how important it is to have positive contacts with helpful, supportive people.



RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND DRINKING OR USING

Alcoholics Anonymous (AA)

1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)

1-800-826-3632

www.dbsalliance.org

Narcotics Anonymous (NA)

www.na.org

National Alliance for the Mentally Ill (NAMI)

1-800-950-6264

www.nami.org

Project Return (wellness and support for people with mental illness)

Recovery Inc. (self-help program for mental health)

1-312-337-5661

www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

Control Your Depression

Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren, and Antonette M. Zeiss.

Published by Fireside Books, New York, New York, 1992.

Coping with Depression (videotape)

Author: Mary Ellen Copeland

Published by New Harbinger Publications, Inc., Oakland, California, 1994.

Feeling Good: The New Mood Therapy

Author: David D. Burns

Published by William Morrow, New York, New York, 1980.

The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections

Author: Mary Ellen Copeland.

Published by New Harbinger Publications, Inc., Oakland, California, 2000.

Mind Over Mood: Change How You Feel by Changing the Way You Think

Authors: Dennis Greenberger and Christine A. Padesky.

Published by Guilford Press, New York, New York, 1995.



READ WHAT PREVIOUS GROUP MEMBERS HAVE SAID ABOUT THIS GROUP!

“When I feel like a situation is going to anger me, using tools that I’ve learned (such as “Catch It, Check It, Change It”) throughout the different modules, enabled me to handle the situation at hand in a more responsible and caring type of way.”

“I’ve learned how to open up. I learn that there is more than one way to look at things.”

“There is no such thing as a stupid question.”

“CBT has given me the tools I can use to change my life and be happy and healthy. I can become a responsible person who has freedom from fear. Before, I did not realize I had an option.”

“I have realized life isn’t what I perceived it to be as black and white; it can be truly beautiful and colorful...if you allow yourself to open up to a new way of life.”

“My thought process has changed by allowing me to decide what kind of mood or day I will be having.”

“The fear of change was removed through CBT, because I was provided with insight and tools that enabled me to change myself and how I interacted with others. It gave me the power of self- awareness.”

“I have learned through these classes the tools for a happier and productive life.”

GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

An Integrated Group Cognitive Behavioral Therapy for Co-Occurring Depression and Alcohol and Drug Use Problems

People Interactions, Alcohol/Drug Use, and Your Mood



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This is your book to keep. Feel free to write in it.

This workbook belongs to:

(Name)

(Date)

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SESSION 1: PEOPLE, MOOD, AND RECOVERY ARE CONNECTED

PURPOSE

- Learn about this group, depression, and alcohol/drug use problems.
- Learn that there are connections among your interactions with people, depression, and cravings. (A “craving” is the desire to drink or use.)
- Learn that people interactions can be harmful or helpful to you.

OUTLINE

Welcome

How Have You Been Feeling?

Group Rules

Announcements

Introductions

What Is Depression?

What Are Alcohol/Drug Use Problems?

What Is Cognitive Behavioral Therapy (CBT)?

Review

New Topic: People, Mood, and Recovery Are Connected

 The Importance of Helpful People Interactions

 How to Begin Having More Helpful Interactions with People

Key Messages

Practice

Feedback

Looking Ahead

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

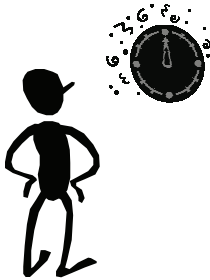
You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



GROUP RULES

1. Come to every group meeting. Important and useful new ideas will be discussed at each group session. The sessions will give you new tools that you can use to help your recovery from depression and alcohol/drug use. This is why it's so important to come to each group meeting. If you can't make it, call us at this number:

(_____) _____ - _____ (Contact number)



2. Come to group meetings on time.

3. Do not come to group under the influence of alcohol or drugs.

For the benefit of the group, you will be asked to leave the session if you are under the influence.

4. Maintain the confidentiality of the group.

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

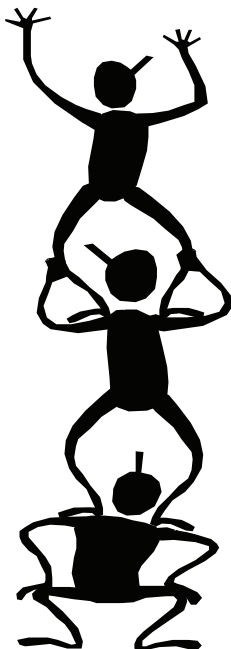


First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

Second, if group leaders hear something that makes them think your health or safety is in danger they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.

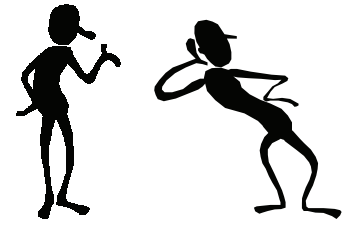


5. Be respectful and supportive of others in the group.

The group is based on respect for all people. If you have a problem with another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.

You may find that other group members have had experiences similar to yours, but feel differently about them. That's OK—it is important to respect each person's opinion.

6. Find a balance between talking and listening.



You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.

Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

7. Know that you don't have to share everything.

8. Practice. Practicing on your own will help you learn how to use the skills you learn in group and make it more likely that you will get well.

9. Tell us if you are unhappy with the group or your treatment.



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary. For example, if the next session is scheduled on a day that is a holiday, the day of that session may be changed. During this time, you will have a chance to tell the group leader ahead of time if, for example, you need to be late for a session.

Is there anything you would like to let the leaders know about?



INTRODUCTIONS

Group Leaders

Your group leaders are:

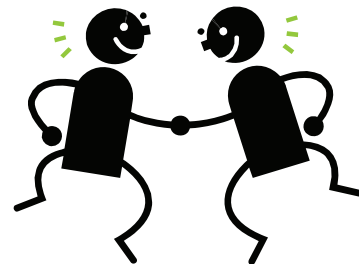
_____ (_____) _____
(Name) (Contact number)

_____ (_____) _____
(Name) (Contact number)

In an emergency (for example, if you are having thoughts of hurting yourself), **call 911.**

Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.



Now group members will introduce themselves. We will be talking about your experiences with depression and drinking/using later in the session. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then **choose one or two of the following** subjects to talk about.

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special

WHAT IS DEPRESSION?



What is depression like for you?

Feel free to write notes to yourself anywhere in your workbook. In some places, there is extra space for your notes.

Depression is:

- More than a passing sadness or bad mood.
- A period of feeling very sad that lasts a long time and that makes it hard to do daily activities.
- Possible at any point in your life.
- A possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more:

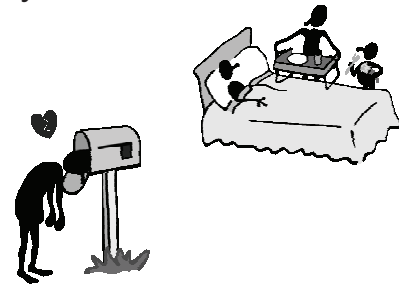
The Nine Symptoms of Depression

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.

What was happening in your life when you most recently got depressed?

Possible Triggers for Depression

- Use of alcohol or drugs
- Being sick with medical problems or in pain
- Biological/chemical imbalance in your body
- Financial/money problems
- Losing someone you love
- Upsetting things happening, or ongoing problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time
- Living with people who are addicts



***Did
you know***

Depression Is Common

- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.
- Depression is the #1 cause of disability in the United States. (“Disability” is the inability to carry out daily living activities.)

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by the Guilford Press, 2005.

WHAT ARE ALCOHOL/DRUG USE PROBLEMS?

Common problems of alcohol/drug use:

- Conflicts with other people, including family members.
- Problems at work or school, or difficulty keeping a job.
- Financial problems.
- Physical symptoms or health problems, or existing health problems becoming worse.
- A tolerance for the alcohol or drugs so that you require more to get the same “high.”
- Not being able to stop on your own
- Withdrawal symptoms (such as shakiness, feeling sick to your stomach, headaches, or fatigue) when you don’t use that are relieved when you use again.
- Memory problems.
- Legal problems (such as an arrest for driving under the influence—DUI; arrest for possession or use of illegal drugs; or not meeting your financial obligations).

What would your life look like if you stopped drinking/using and your mood improved? Write your ideas below.





***Did
you know***

Many Americans Don't Drink

34% of men and 44% of women in the United States do not drink alcohol.

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by The Guilford Press, 2005.

WHAT IS COGNITIVE BEHAVIORAL THERAPY?

This treatment provides a specific kind of help—cognitive behavioral therapy, or CBT for short—to people who are depressed and who have problems with alcohol/drug use. Depression and alcohol/drug use problems often go together, so it makes sense to treat them together.

CBT teaches skills to help you change your thoughts and behaviors to improve the way you feel and support your recovery. This approach does not mean that your thoughts and behaviors caused your depression and alcohol/substance use in the first place.

CBT can help you “manage” your depression and your recovery. “Managing” means to:

- Make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
- Learn ways to prevent getting depressed again and to stay free of alcohol/drugs, despite real life problems.
- Learn what thoughts, feelings, activities, and people interactions make it more likely you will get depressed or use. They are your “triggers.”

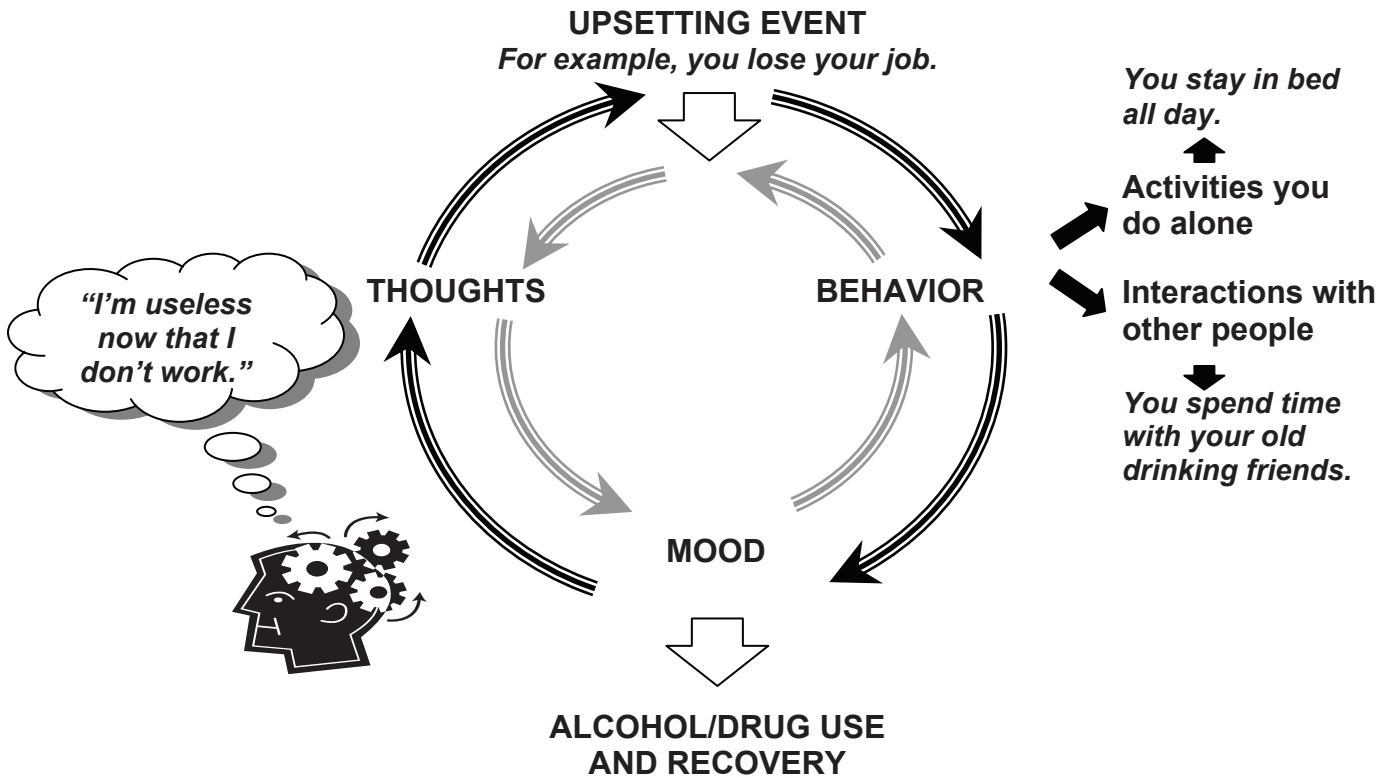
What does the name “Cognitive Behavioral Therapy” mean?

Cognitive refers to **your thoughts**.

Behavioral refers to **how you act** or **what you do**. In CBT, when we talk about behavior, we mean what activities you do and how you interact with other people.

One way to think of CBT is that it teaches healthy ways to manage your depression and your recovery. Managing your depression and your recovery means to make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.

The CBT Circle



CBT helps you break the destructive cycle of depression and can help you manage your cravings by teaching you that for each of these factors—thoughts, activities, and people interactions—there is a part that you can manage and change. Also, because they are connected, changes in one area can affect the other areas.

This CBT treatment program is organized into 18 sessions.

- **Thoughts** module = 6 sessions
- **Activities** module = 6 sessions
- **People** module = 6 sessions

Total CBT = 18 sessions

The Serenity Prayer



“God, grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.”

CBT has something in common with the Serenity Prayer. It teaches that, even though you cannot change everything in your life, you can choose **how you think** about events and **how you react**.

“***Changing the things I can***” involves **thinking** and **doing**:

- Changing how you **think** about things
- Changing what you **do** to respond.

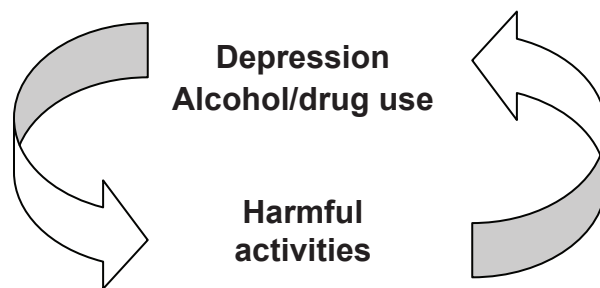
In this module, we will talk about your interactions with people and their important connection with depression and alcohol/drug use. You can learn how to improve your interactions with people to feel better and support your recovery.

The goal of CBT is to help you get closer to what you imagine your life would be like without depression and without drinking/using. The group will focus on practical strategies to improve things right now, and will teach you skills that you can continue to use even after the group ends.

REVIEW

Last Module

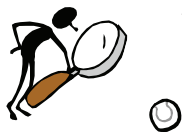
- What do you remember most from the last module?
- What did you learn that was most helpful, in terms of improving your mood and supporting your recovery?
- What was less helpful?



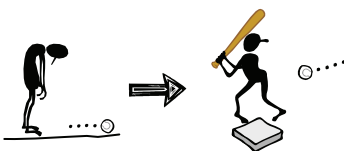
The key take-home messages from “Activities, Alcohol/Drug Use, and Your Mood” were:



1. You can **catch**, or notice, your activities.



2. You can **check**, or examine, your activities to see if they help you or harm you. A helpful activity is healthy for you—it makes you feel good and supports your recovery.



3. You can **change** the harmful activities that get in the way of your good mood and recovery, and choose to do helpful activities instead.

Practice

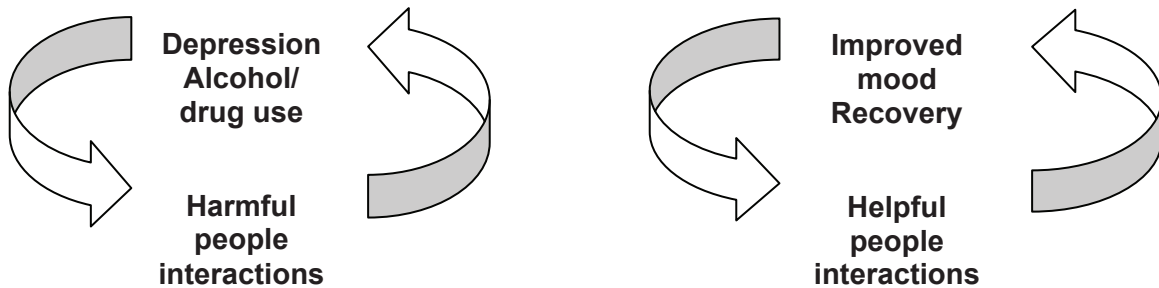
If you were part of the CBT group for the last module (“Activities, Alcohol/Drug Use, and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

- 1. Do a step to work towards your short-term goal.***
- 2. Find a place to keep your coping card.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: PEOPLE, MOOD, AND RECOVERY ARE CONNECTED

The Importance of Helpful People Interactions

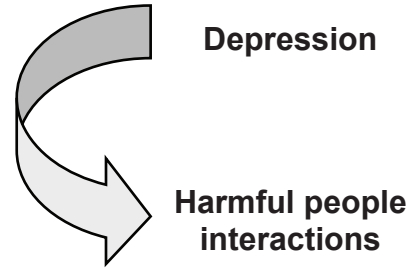
In this workbook we talk about “**harmful**” and “**helpful**” interactions with people. A people interaction that brings your mood down or makes you want to drink or use is **harmful**. A people interaction that lifts your mood and supports your recovery is **helpful**.



How does depression affect the way you relate to other people?

When you feel depressed, you might:

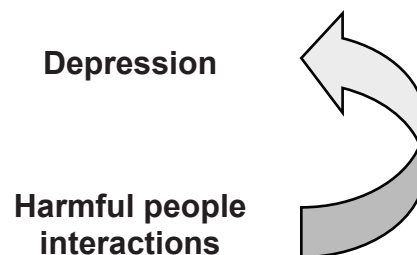
- Have less contact with people and avoid people.
- Be more irritable.
- Have more conflict or tension with people.
- Feel more uncomfortable around people.
- Act quieter and less talkative.
- Feel more likely you are being ignored, criticized, or rejected.
- Trust others less.



How do your interactions with other people affect your mood?

When you have less contact or harmful interactions (for example, frequent conflicts or abusive interactions) with other people you might feel:

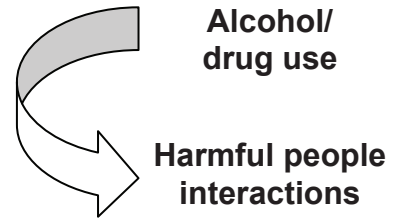
- Alone
- Sad
- Angry
- Like no one cares
- Bored
- More depressed



How does drinking/using affect your interactions with people?

When you drink or use, you might:

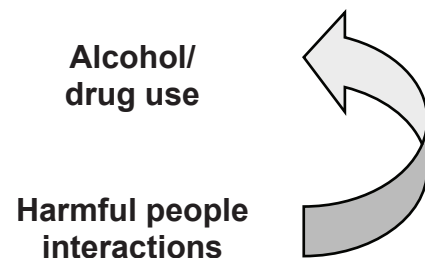
- Have less contact with people and avoid people.
- Be more irritable.
- Have more conflict or tension with people.
- Feel more uncomfortable around people.
- Act quieter and less talkative.
- Be more sensitive to being ignored, criticized, or rejected.
- Trust others less.



How do your interactions with people affect your drinking or using?

When you have less contact or harmful interactions with people, you might:

- Have stronger cravings
- Drink or use



How to Begin Having More Helpful Interactions with People

What activities would you be willing to try?

What activity could you do **in the next few days *with people or where other people are around*** that might be helpful, relaxing, or enjoyable?

Examples of activities you could do with other people or where other people are around:

- Attend the CBT group
- Call a friend
- Go to a free concert in the park



Your examples:

What do you think your mood might be after you do one of these activities?

Choose one or two activities and do them before the next CBT session.



KEY MESSAGES

Key messages from this session include:

- The interactions you have with other people can be harmful or helpful.
- Helpful interactions with people can improve your mood and support your recovery
- You can choose to spend time with people who have a positive effect on your mood and on your recovery.



What do you want to remember about this session?
Write your own key messages here.



PRACTICE

This treatment will be successful for you if you learn skills for managing your mood and your coping and you feel confident using these skills in your daily life. You will need to practice, just as you would if you were learning to play the piano or a new sport. If you don't practice the skills, you won't learn them.

Each session's practice will consist of one or more short activities that everybody in the group will try. This session's practice is:

1. Choose one or more helpful activities to do around or with other people.

2. Track your mood and coping using the Daily Check In. The Daily Check In and instructions for how to use it are on the next page. The scale provides a "quick" way for you to keep track of your moods and coping. Try to complete the Daily Check In at the same time each day—for example, before you go to sleep each night. As the treatment goes on and as you practice the skills you learn in each session, you will probably find that your mood improves and that you can manage your cravings more easily.

Notice at the bottom of the scale that we have asked you to circle "Yes" or "No" to indicate whether you were able to notice your people interactions each day.

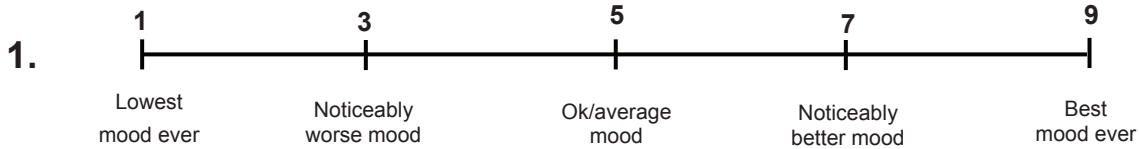
DAILY CHECK IN



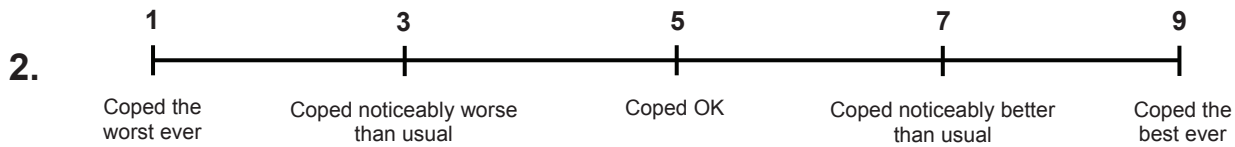
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your people interactions? Circle "Yes" or "No" at the bottom.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1

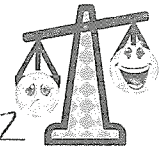


Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
		3	3	3	3	3	3
	Coped the worst ever	2	2	2	2	2	2
		1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____	_____
Did you notice your people interactions each day?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No

DAILY CHECK IN

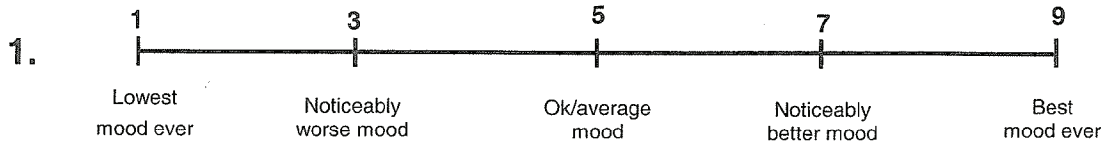


Instructions

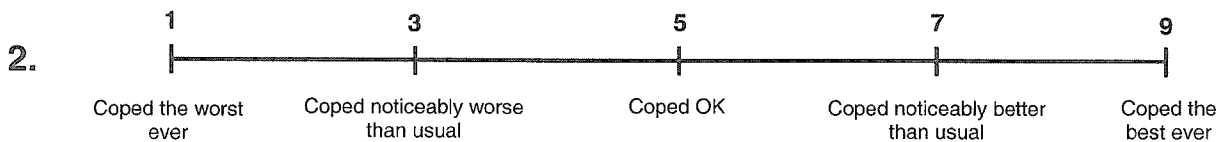
Today's Date: Oct. 24, 2007

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to be honest. You know how you have felt each day.
- Did you notice your people interacting with you today?
- If you want to track your mood and how you coped with challenges to your recovery over a time longer than a week, write down your ratings on a calendar.

Sample



Write in the day of the week.		W	Th	FRI	SAT	SUN	M	Tues.
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	1



Write in the day of the week.		W	Th	FRI	SAT	SUN	M	Tues.
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	1

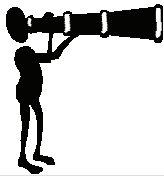
3.

Write in the day of the week.	W	Th	FRI	SAT	SUN	M	Tues.
Did you notice your people interactions each day?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	No	No	No	No	No	No	No



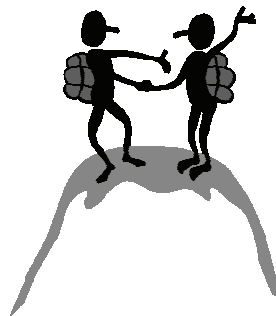
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What was difficult about today's session?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

In Session 2, we will talk about how to meet new people.



SESSION 2: INCREASING YOUR HELPFUL INTERACTIONS WITH PEOPLE

PURPOSE

- Identify the people who support you in helpful ways.
- Learn how to meet new people and make your support network larger and stronger.
- Identify roadblocks to meeting new people and learn how to get around them.

OUTLINE

Announcements

Review

New Topic: Increasing Your Helpful Interactions with People

Mapping Your Social Support Network

How to Meet New People

Getting Around Roadblocks

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

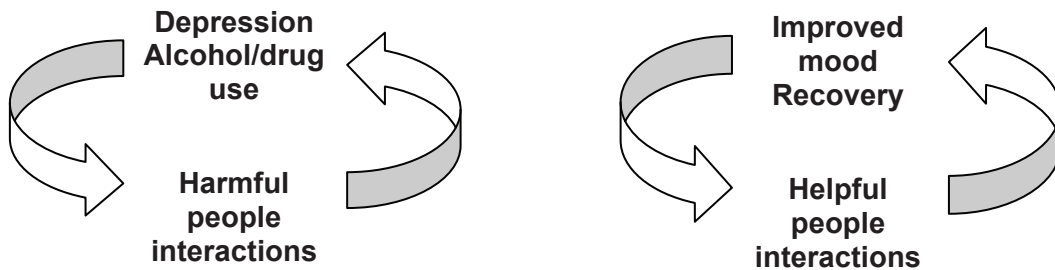
The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



REVIEW

Last Session



Key messages from last session are:

- The interactions you have with other people can be harmful or helpful.
- Helpful interactions with people can improve your mood and support your recovery
- You can choose to spend time with people who have a positive effect on your mood and on your recovery.

Today we will talk more about the links among your people interactions, recovery, and mood.

Practice

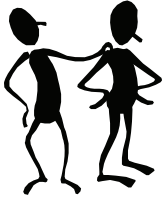
Last session, we asked you to complete these practice activities.

How did your practice go?

- 1. Pick one helpful activity to do around or with people.***
- 2. Track your mood and coping using the Daily Check In.***

NEW TOPIC: INCREASING YOUR HELPFUL INTERACTIONS WITH PEOPLE

Mapping Your Social Support Network



Your social support network is made up of the people who are near you such as family, friends, neighbors, co-workers, sponsors, doctors, counselors, and spiritual leaders/teachers.

1. Each square on the next page is labeled for a type of support that people can give you:

- Practical support
- Advice or information
- Companionship
- Emotional support

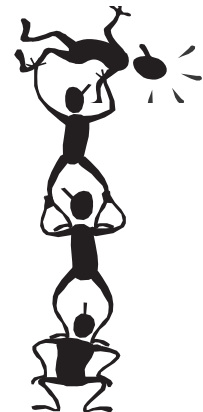
2. Think about people who give you each kind of support. Write their names in the squares. For example, who helps you with practical, everyday things? Who would give you a ride to the doctor or hospital, loan you something, or help you move?

3. The same name can be written in more than one square.

For example, if your doctor gives you advice, you would write that name (or just “doctor”) in the Advice square. If your brother gives you practical support, emotional support, and advice, write his name in all three squares.

4. If you have a square with no names in it, put a question mark in that square.

5. Social support goes two ways. Who leans on you for practical support, advice, companionship, or emotional support? Write the names of the people **you** support in the squares.





Mapping Your Social Support Network

Practical Support

Who would drive you to the hospital? Loan you something?

Who supports you?

Who do you support?

Advice or Information

Who do you ask for advice if you are in need or don't understand how to do something?

Who supports you?

Who do you support?

Companionship

Who is good company? Who will walk around the park with you, or share your joys?

Who supports you?

Who do you support?

Emotional Support

Who do you share your feelings with? Who encourages you, or helps you feel less depressed?

Who supports you?

Who do you support?

1. Balance your social support network.

After you have completed the squares, what do you notice?

- How many people did you think of?
- Where do you have plenty of support?
- Where are there gaps in support?
- Was there anyone whose name you wrote down a lot?
- Do you rely too much on one person for getting different kinds of support?

2. You may need to meet people and make friends who do not use drugs or alcohol.

If you have recently stopped using drugs or alcohol, you may notice that most of your recent contact with other people involved alcohol or drugs. This “People” module of CBT will help you think about how to make new friends that offer healthy, positive support, and say goodbye to relationships that are not helpful in supporting your recovery or improving your mood.

3. It will improve your mood to be supportive of other people.

No matter how hard our own lives are, most of us find that it feels good to help somebody else. We each have special abilities, talents, and skills that can be used to help others we care about.

- Who do you support?
- Who would count on you as part of their social support network?
- Is there someone you would like to begin supporting?

How to Meet New People

The easiest way to meet people is to do something that you like doing, and do it with other people or by yourself but where other people will be around. Even if you don't make a new friend, you will be doing something pleasant, you won't feel like you wasted your time, and there won't be any pressure on you to meet people.

Choose activities where there will not be alcohol or drugs and where you can meet people who do not use alcohol or drugs.

Be patient. New friendships develop slowly. You can test a new acquaintance for trustworthiness and keep yourself physically and emotionally safe by taking small steps or pacing yourself. For example:

1. Make plans to have coffee. Meet in a public place and take care of your own transportation. Make similar arrangements for the next few times you get together.
2. The next step might be to meet for dinner or a movie.
3. Later, you might agree to share a ride, or spend more time together.

What activities could you do around other people?

- Attend church

- Take dance lessons



- Play softball

- Attend sports events

- Hear a free music concert in the park



- Go to Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings

- Volunteer (at an animal shelter or litter pickup day, for example)

- Help a neighbor mow the lawn



- Join a club

- Go to a museum, movie, or play

Making Plans to Get to Know Someone Better

Another way to have more contact with others is to start making plans to get to know people in your community.

1. Identify a person you would like to get to know better. Somebody at church? Somebody in your AA group? A neighbor? A parent of one of your children's friends? If you don't know the person's name, write a description such as: "The friendly woman at church."



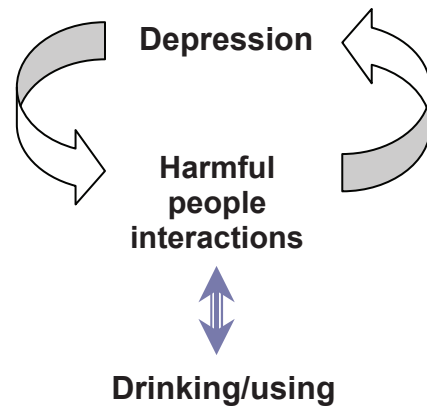
2. What step can you take before the next session to get to know this person better?

Getting Around Roadblocks

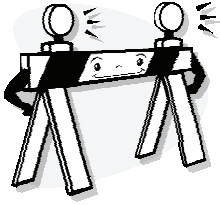
Your depression might lead you to feel like avoiding other people and spending time only by yourself. Doing this may make you feel more depressed, more alone, and more like using alcohol or drugs.

Or

When you use alcohol or drugs, you may have contact mostly with other people who drink or use. This lack of healthy interactions with people may lead you to feel depressed.



But it doesn't have to be this way. You can feel better and enjoy people again.



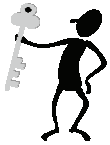
Why is it difficult to begin new relationships?

Some common roadblocks are listed below. What could you do to get around the roadblocks? **Write your own roadblocks** and possible solutions at the bottom of the list.

Examples of Roadblocks

Ideas for Getting Around the Roadblocks

I have no sober friends.	<ul style="list-style-type: none"> • Begin to make new friends. • Attend a sober support group (for example, AA). • Choose an activity you can do alone but with other people around so that you might meet someone new.
I am feeling irritable.	<ul style="list-style-type: none"> • Remember: Feeling irritable is a symptom of your depression and recovery. Interactions with people will help you feel better. • Go to your sober support group (for example, AA).
I don't know how to meet new people.	<ul style="list-style-type: none"> • Start by doing activities you enjoy, but where other people will be around.
I think that sober people won't understand me.	<ul style="list-style-type: none"> • Replace the harmful thought with a helpful thought. For example: "I don't know for sure that sober people won't understand me. Some will, and some won't. I will give them a chance."
I don't trust people.	<ul style="list-style-type: none"> • Take it slow and learn who you can trust.
I'm afraid of being criticized.	<ul style="list-style-type: none"> • Understand that you probably feel more sensitive because you are depressed and in recovery. • As you meet new people, look for new friends who are honest with you but supportive.
I had a really bad experience with somebody.	<ul style="list-style-type: none"> • Know that relationships don't always work out. • Let the new relationship grow slowly while you and the new person get to know each other. • Remember to not overgeneralize (one bad experience doesn't mean all future relationships will also be bad).
I'm afraid people won't like me.	<ul style="list-style-type: none"> • Think a helpful thought such as: "I am an interesting person. Just as I don't like everyone, everyone may not like me, but many people will—especially if I let them get to know me."



KEY MESSAGES

Key messages from this session include:

- You can learn how to notice and examine your interactions with people to decide if they are harmful or helpful to you.
- Balance your social network with people who help you and with people you can help, to improve your mood and support your recovery.
- Meeting new people can be challenging. Planning to do activities around others, making a specific plan to get to know someone better, and allowing yourself to develop new friendships slowly may make it easier.



What do you want to remember about this session?
Write your own key messages here.



PRACTICE

1. Take a step to get to know somebody better.



2. Track your people interactions using index cards.

- Use one separate card for each day (using either the separate index cards or the “cards” printed in your workbook).
- Write the day of the week on the cards. For example, if you start tracking your people interactions for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
- Mark one side of the first day’s card with a minus sign (-) and describe 4–5 negative (harmful) people interactions that you have that day. Mark the other side of the card with a plus sign (+) and on that side describe 4–5 positive (helpful) people interactions that you have on the same day.
- Bring your cards with you to the next session.

3. Track your mood and coping using the *Daily Check In*.



Notice at the bottom of the Daily Check In a place where you write in the number of harmful and helpful people interactions you have each day. Of course you won’t notice every people interaction that you have in the course of a day— but try to become more aware of the people interactions you have when you are depressed or have cravings to drink/use. Eventually, you may notice that on the days when you have fewer harmful people interactions, your mood and cravings will be better.

Example

People Interactions, Day 1 - 
Thursday
(Write in the day of the week.)
Slept late.
Skipped AA meeting.
Had lunch with drinking buddies.


Flip the card over



People Interactions, Day 1 + 
Thursday
(Write in the day of the week.)
Called my sister.
Walked to grocery store.
Barbecued with neighbor.


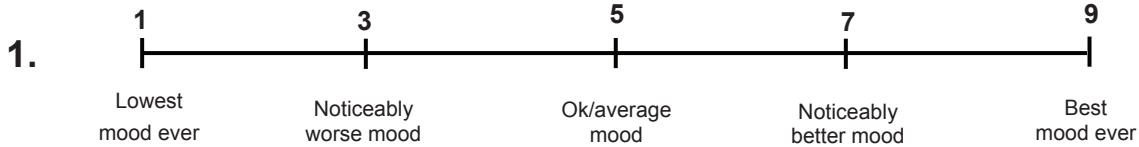
DAILY CHECK IN



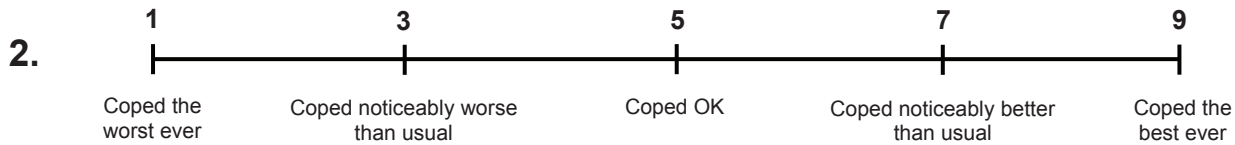
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
	Coped the worst ever	3	3	3	3	3	3
		2	2	2	2	2	2
		1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						

People Interactions, Day 1

—



(Write in the day of the week.)

People Interactions, Day 1

+



(Write in the day of the week.)

People Interactions, Day 2

—



(Write in the day of the week.)

People Interactions, Day 2

+



(Write in the day of the week.)

People Interactions, Day 3

-




(Write in the day of the week.)

People Interactions, Day 3


+




(Write in the day of the week.)

People Interactions, Day 4 — 


(Write in the day of the week.)

People Interactions, Day 4 + 


(Write in the day of the week.)

People Interactions, Day 5 — 


(Write in the day of the week.)

People Interactions, Day 5 + 

(Write in the day of the week.)

People Interactions, Day 6 - 

(Write in the day of the week.)

People Interactions, Day 6 + 

(Write in the day of the week.)

People Interactions, Day 7

—



(Write in the day of the week.)

People Interactions, Day 7

+

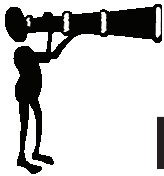


(Write in the day of the week.)



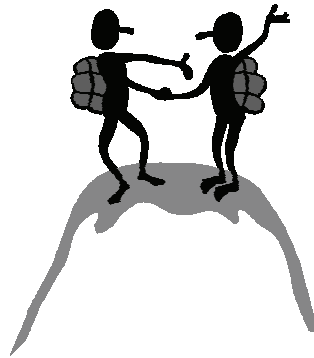
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

We have talked about how to notice your people interactions and begin to have more contact with people. In Session 3 we will talk about how to make your people interactions more helpful with good communication.



SESSION 3: GOOD COMMUNICATION FOR HELPFUL PEOPLE INTERACTIONS

PURPOSE

- Learn that good communication can improve your interactions with other people.
- Learn how to listen actively.
- Understand that assertive communication can improve your mood and support your recovery.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: Good Communication for Helpful People Interactions

Listening Well

What Is Your Communication Style?

Making Requests Assertively

Expressing Your Feelings and Thoughts Assertively

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you need to let the leader know about?

HOW HAVE YOU BEEN FEELING?

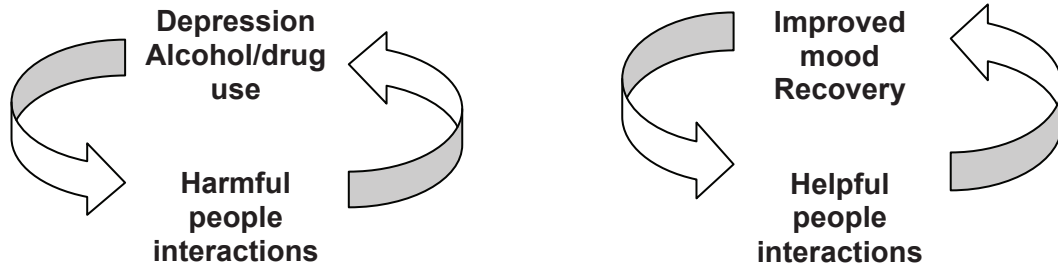


You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.

REVIEW

Last Session



Key messages from last session are:

- You can learn how to notice and examine your interactions with people to decide if they are harmful or helpful to you.
- Balance your social network with people who help you and with people you can help, to improve your mood and support your recovery.
- Meeting new people can be challenging. Planning to do activities around others, making a specific plan to get to know someone better, and allowing yourself to develop new friendships slowly may make it easier.

Today we will talk about how good communication can make your people interactions more helpful.

Practice

Last session, we asked you to complete these practice activities.

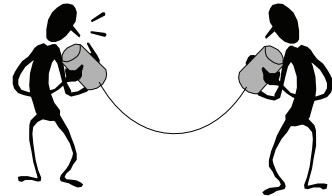
How did your practice go?

- 1. Take the first step towards getting to know somebody better.***
- 2. Track your harmful and helpful people interactions on index cards.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: GOOD COMMUNICATION

Listening Well

In this session, the focus is on communication, including both listening and talking. Good communication is an important ingredient of helpful relationships.



Active listening is important in any relationship. Active listening means to give your full attention to the conversation and hear everything the other person says. Try doing some active listening.

- Get together with one other person in the group.
- Take turns talking about *what kind of person you are trying to become or another topic that is important to you*. Each person has about five minutes to talk.
- The other person will not interrupt you.



If you are the speaker, think about the following.

Is your partner listening to you? How do you know?

What did your partner do that helped you know he or she was listening?

What was not so helpful about what your partner did?

How do you feel? Did it improve your mood to share your thoughts and feelings with somebody who was really listening?

If you are the listener, think about the following:



Try to show that you are really listening; for example, look at your partner and nod your head as he or she speaks.

Notice your partner's tone of voice and body language in addition to the words.

What did your partner say that was most important to him or her?

After your partner is finished talking, restate what you think was the most important thing your partner said, using your own words. Say: "Let me see if I get what you mean..."

Ask your partner if you understood both the facts and the feelings. Give your partner a chance to explain if you didn't hear or understand correctly.

How do you feel? Did it improve your mood to be a good listener for somebody who was sharing thoughts and feelings?

Active listening—whether you are the speaker or the listener—makes your interaction with people more helpful and can improve your mood.



What Is Your Communication Style?

Three Basic Communication Styles

Style	Description	Example (situation: waiting in a long line)	Example (situation: conflict with another person)	Respects wishes of others	Respects own wishes
Passive 1	Holding in or withholding how you feel or think.	"I guess there's nothing I can do. I'll just go home."	(Saying to self) "Oh no, when will this ever end?"	Yes	No
Aggressive 2	Expressing your thoughts or feelings in outbursts—shouting, yelling, arguing, throwing things, or hitting people.	"Look, I've been waiting for over an hour! When is someone going to help me? You guys must be idiots!"	"You are an evil person! Everything you do is just to drive me crazy!"	No	Yes
Assertive 3	Expressing positive or negative feelings and thoughts calmly, honestly, and respectfully.	"Excuse me, I know you're really busy, but I really need some information about my housing application. Is there someone I can talk to?"	"I feel bad when I think I have been put down and I don't like how I feel when I put you down. Can we talk about what we can do to be nicer to each other?"	Yes	Yes

Questions to think about:

- If you were _____ (passive, aggressive, or assertive), how might you get your point across?
- If you were _____ (passive, aggressive, or assertive), how well do you think others would understand you?
- If you were _____ (passive, aggressive, or assertive), how would you feel?

What Is Your Communication Style?

Which communication style do you tend to use?

How do you think it affects your mood and your recovery?



Which style do you want to use more often to improve your mood and support your recovery?

An assertive communication style:

- Respects your feelings, wishes, thoughts, and opinions and is the most likely to help your mood and support your recovery.
- Respects the feelings, wishes, thoughts, and opinions of other people.
- Gives you a tool for handling conflicts with other people.
- Allows you to express your feelings and thoughts clearly.
- Increases the chance that you can work with the other person to get what you need or want.
- Decreases the chance that you will be forced to do something you do not want to do.



Think about who you are assertive with and who you could be more assertive with.

Making Requests Assertively

Assertiveness means being able to make positive, clear, direct requests.

- You ask for what you want and need.
- When others know what you want and need, they can better help you.
- You can choose to ask for support, respecting the rights of others to say no.

Steps for making a request assertively:

1. Decide what you want or need.

2. Identify who can help you.

3. Choose words to ask for what you need in a way that is clear and direct. Tell the person exactly what you would like and why this will help you. (Also choose your tone of voice.)

Examples:

Indirect requests		Direct requests
I'm really tired of washing dishes.	➔	I would appreciate it if you would help me wash the dishes.
I can't be expected to fill out this application alone.	➔	Could you help me fill out my SSDI application?
Boy, the trash can is full.	➔	Could you please take out the trash in the next half hour?
Don't tell me you brought beer here.	➔	Please don't bring alcohol to my house under any circumstances.

4. Tell the other person how it would make you feel if they did what you asked.

5. Acknowledge the person. Be ready to say: “Thank you” or “I am glad that you told me your point of view” or “I know that you are really busy.”

Give It a Try: Make a Request

Think of something important you want or need. What do you want to ask for?

Who will you ask (friend, family member, doctor)?

What words will you use? What tone of voice will you use? Don't forget to tell the other person how it would make you feel to get what you want or need.

Now practice making this request with a partner or with the whole group, and ask what they think. Did your request sound passive, aggressive, or assertive? How did it affect your mood to ask for what you want in this way? Was it more satisfying than “holding it in?”

Expressing Your Feelings and Thoughts Assertively

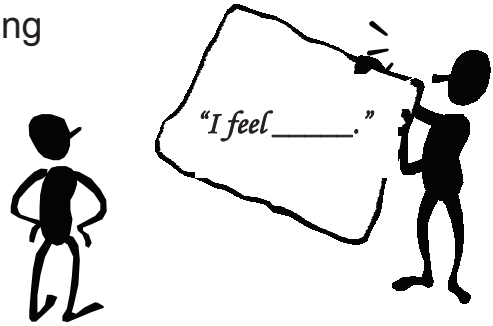
Assertiveness means being able to express positive or negative feelings and/or thoughts calmly, honestly, and respectfully to another person. This includes saying clearly when you do not want to do something. Expressing how you feel begins with “I” statements.

“I feel”

I feel hurt because I feel that I’m being yelled at.

I feel sad when I’m not appreciated for all that I do.

I feel angry when you offer me a drink when you know I’m trying to quit.

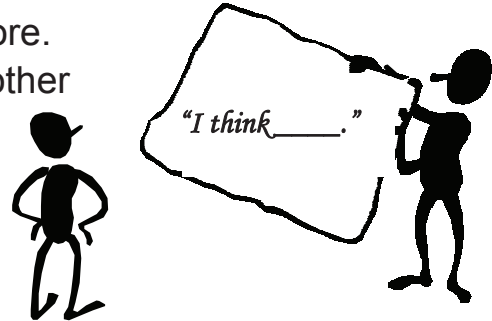


“I think”

I think we need to talk things out more.

I think we need to spend time with other people.

I think you have blamed me for something I didn’t do.



Some of the same steps you used when making a request apply here, too. For example:

- 1. Decide what you are feeling or thinking.**
- 2. Decide who you want to express yourself to.**
- 3. Try to use “I” statements (“I feel...,” “I think...”) rather than “you” statements (“You always do that,” “You just don’t understand”).**

4. Decide if there is something you need as a result of your feelings or thoughts. The other person may not agree with your way of thinking or understand your feelings. Decide ahead of time if there is something you want to ask for. Ask for what you need in a way that is clear and direct.

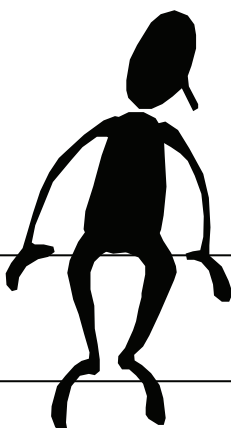
5. Acknowledge the person. For example, be ready to say: “Thank you.”

Give It a Try: Express Your Feelings and Thoughts

Imagine a situation where you want to express how you feel or think to another person. You could be talking with a person you are having problems with. Try to include some “I” statements. What words would you say?

How do you think the person would react?

How do you think you would feel if you expressed yourself in this way?



My Rights

1. I have the right to let others know my feelings as long as I do it in a way that is respectful of their feelings.
2. I have the right to let others know my thoughts and opinions as long as I do it in a way that is respectful of their thoughts and opinions.
3. I have the right to request that others change their behavior when their behavior affects me.
4. I have the right to accept or reject anything that others say to me.
5. I have the right to decide whether or not I will do what others ask of me.

You have the right to feel safe!

Tell your group leaders if you are in a relationship in which you are afraid you may be hurt physically. You can get help and support. There are services that specialize in helping people who are in relationships where there is domestic violence.



KEY MESSAGES

Key messages from this session include:

- You can choose to communicate with others in a way that improves your relationships and your mood, and that supports your recovery.
- Active listening is an important part of communication.
- You have a right to express your thoughts, feelings, and needs. Using assertive communication can be an effective way to do this.



What do you want to remember about this session?
Write your own key messages here.



PRACTICE

1. Decide when and with whom you would like to:

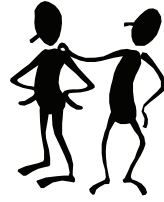
- make a request assertively.
- express your feelings and thoughts assertively.
- carry out your plan before the next session.

2. Track your harmful and helpful people interactions using index cards.

3. Track your mood and your coping using the Daily Check In.

My Commitment

I will get together with this supportive person before the next session.



I will be assertive with this person before the next session.

Your Signature

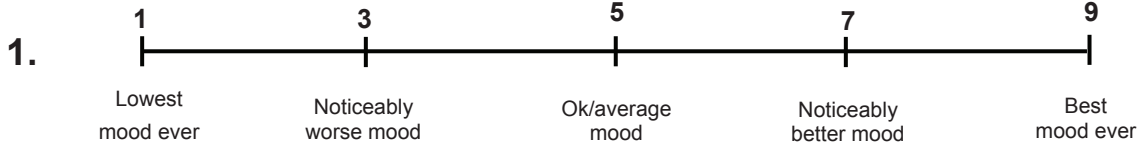
DAILY CHECK IN



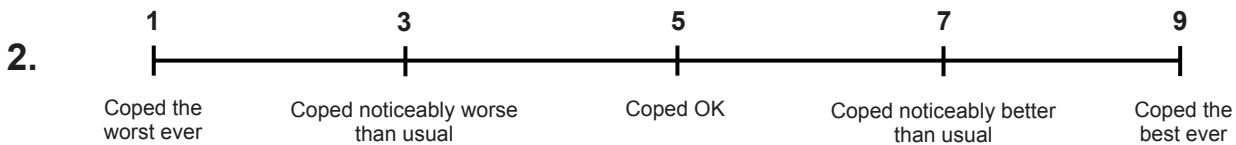
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Lowest mood ever	1	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Coped the worst ever	1	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						

People Interactions, Day 1

—



(Write in the day of the week.)

People Interactions, Day 1

+



(Write in the day of the week.)

People Interactions, Day 2

—



(Write in the day of the week.)

People Interactions, Day 2 +



(Write in the day of the week.)

People Interactions, Day 3 -



(Write in the day of the week.)

People Interactions, Day 3 +



(Write in the day of the week.)

People Interactions, Day 4

—



(Write in the day of the week.)

People Interactions, Day 4

+



(Write in the day of the week.)

People Interactions, Day 5

—



(Write in the day of the week.)

People Interactions, Day 5

+



(Write in the day of the week.)

People Interactions, Day 6

-



(Write in the day of the week.)

People Interactions, Day 6

+



(Write in the day of the week.)

People Interactions, Day 7

—



(Write in the day of the week.)

People Interactions, Day 7

+

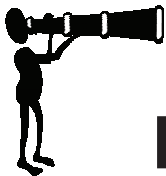


(Write in the day of the week.)



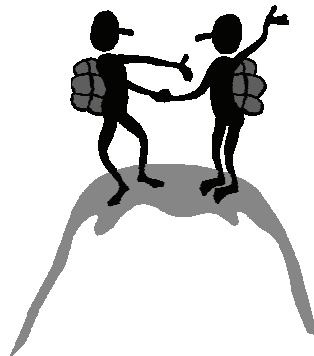
FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

We began this module by talking about how to notice your people interactions and decide if they are harmful or helpful. We also talked about how to change your people interactions by meeting new people and communicating more effectively. In Session 4 we will talk about coping with difficult situations.



SESSION 4: COPING WITH DIFFICULT SITUATIONS

PURPOSE

- Learn that your mood and cravings can go up or down based on the interactions you have with other people.
- Understand that you can choose what kind of people interactions you have.
- Understand that you can change direction at any point and improve your people interactions.

OUTLINE

Announcements

Review

New Topic: Coping with Difficult Situations

One People Interaction Leads to Another: A Chaining Activity

You Can Change Direction at Any Time

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



REVIEW

Last Session

Key messages from last session are:

- You can choose to communicate with others in a way that improves your relationships and your mood, and that supports your recovery.
- Active listening is an important part of communication.
- You have a right to express your thoughts, feelings, and needs. Using assertive communication can be an effective way to do this.

Today we will talk more about the links among your people interactions, recovery, and mood.

Practice

Last session, we asked you to complete these practice activities.

How did your practice go?

1. Make a request assertively. Express your thoughts and feelings assertively.

2. Keep track of your harmful and helpful people interactions on index cards.

3. Track your mood and coping using the Daily Check In.

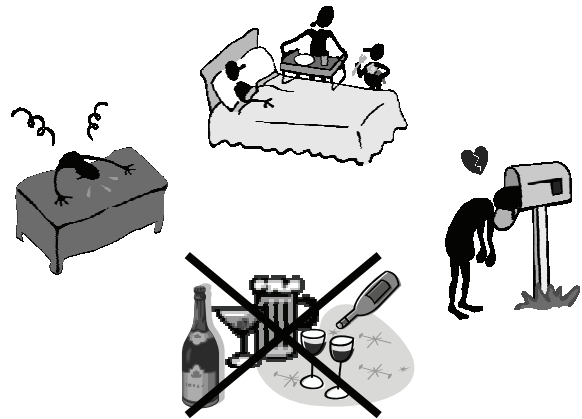
NEW TOPIC: COPING WITH DIFFICULT SITUATIONS

One People Interaction Leads to Another: A Chaining Activity



The cycle of depression and drinking/using can begin with a straightforward fact or event.

- You lose a job.
- You lose a friend due to a move.
- You don't have contact with your family.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped using drugs or alcohol.



The chaining activity illustrates how your mood can get better or worse depending on how you respond to the fact or event.



As your mood changes, how do you think this affects your cravings (desire to use)?

Are you more likely to crave (want to use) alcohol/drugs when your mood is good, or when it is bad?

Instructions

1. In the table on the next page, **write a statement of fact or an event** on the line next to #5.
2. Think about an interaction with someone that would bring your mood down. You can also think about how *avoiding* contact with people might bring your mood down. What interaction (or lack of interaction) with people might bring your mood down just a little? **Write that interaction next to #4.**
3. Think of a continuous chain of interactions with people that make you feel worse, until your mood is at its lowest. Write that chain of people interactions on lines #3, #2, and #1.
4. Complete the rest of the chaining activity going up. What is a people interaction that would make your mood improve just a little? Write that interaction next to #6.
5. Fill in lines #7 and #8.
6. What people interaction would make you really happy? Write that next to #9.

Sample

Best mood	9.	Invite my friend to dinner.
	8.	Call my friend to try to resolve the argument.
	7.	Write my friend a letter expressing my feelings about our fight.
	6.	Talk with another friend to get advice.
Okay/ average mood	5.	My friend and I had a fight.
	4.	Tell my partner that my friend is awful.
	3.	Don't call my friend when we usually talk.
	2.	Ignore my friend when I see her.
Worst mood	1.	Cancel the trip we had planned.

Your Chaining Activity



Best mood	9.	
↑	8.	
	7.	
	6.	
Okay/ average mood	5.	Statement of fact _____
↓	4.	
	3.	
	2.	
Worst mood	1.	

The chaining activity illustrates that:

- Your interactions with people—or lack of interactions—affect how you feel.
- You can choose how you interact with other people, who you interact with, and how you spend your time together.
- Helpful interactions with people are likely to lead to more helpful interactions, bring your mood up, and support your recovery.

You Can Change Direction at Any Time



In any situation, you can stop and check your thoughts and your behavior. Do your thoughts and behaviors make you feel good and support your recovery? If not, you can change direction and change what you think and do. It's your choice.

What are some difficult situations you might face while in recovery?

Notes to Yourself: How to Keep Going in the Right Direction	
Difficult situations	What could you think and do?
You see your dealer and he or she offers you drugs.	Assertively tell the dealer, <i>"I'm working to stay clean; don't offer me drugs anymore because I don't want them."</i> Think about the reasons you want to stay in recovery and how good your life can be without drugs.
You buy drugs from your dealer and take them home.	You may be off-course, but you can still make a u-turn and go in the right direction. Throw the drugs away. Call your sponsor and talk about what happened. Avoid the situation next time by staying away from places where you know the dealer hangs out.
You go to a family party and some of your family members are using drugs.	
A group of friends tells you that you aren't any fun since you stopped drinking.	



KEY MESSAGES

Key messages from this session include:

- Choosing helpful interactions with people can lead to more helpful interactions with people.
- You have choices about what you think and do.
- You can change what you think and do at any point. When an interaction with someone else is harmful, you can make a u-turn.



What do you want to remember about this module?

Write your own key messages here.



1. Practice making your interactions with people more helpful.

Find a situation before the next session where you can practice making a u-turn.

- Stop and check what you are thinking or doing.
- Decide whether the situation is harmful or helpful.
- If the situation is harmful, try doing something different—change your thoughts and behavior to get into a better situation.

2. Track your helpful and harmful people interactions using index cards.

- Use one separate card for each day (using either the separate index cards or the “cards” printed in your manual).
- Write the day of the week on the cards. For example, if you start tracking your people interactions for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
- Mark one side of the first day’s card with a minus sign (-) and write 4–5 harmful people interactions that you have on that day. Mark the other side of the card with a plus sign (+) and write 4–5 helpful people interactions that you have on the same day.
- Bring your cards with you to the next session.

3. Track your mood and coping using the Daily Check In.

Continue to count the number of harmful and helpful people interactions you have each day.

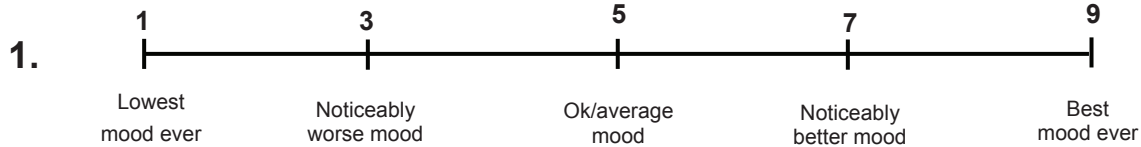
DAILY CHECK IN



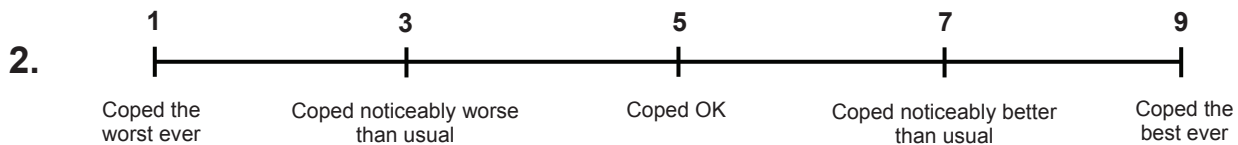
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
	Lowest mood ever	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
	2	2	2	2	2	2	
	Coped the worst ever	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						

People Interactions, Day 1

—



(Write in the day of the week.)

People Interactions, Day 1

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(Write in the day of the week.)

People Interactions, Day 2

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(Write in the day of the week.)

People Interactions, Day 2 +



(Write in the day of the week.)

People Interactions, Day 3 -



(Write in the day of the week.)

People Interactions, Day 3 +



(Write in the day of the week.)

People Interactions, Day 4

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(Write in the day of the week.)

People Interactions, Day 4

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(Write in the day of the week.)

People Interactions, Day 5

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(Write in the day of the week.)

People Interactions, Day 5

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(Write in the day of the week.)

People Interactions, Day 6

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(Write in the day of the week.)

People Interactions, Day 6

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(Write in the day of the week.)

People Interactions, Day 7

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(Write in the day of the week.)

People Interactions, Day 7

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(Write in the day of the week.)



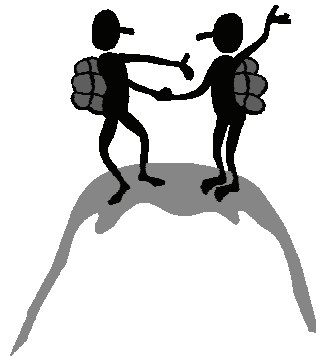
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD

In this session, you had a chance to practice coping with difficult situations. In Session 5, we will talk more about difficult situations and you will get some tips for coping with harmful relationships.



SESSION 5: COPING WITH DIFFICULT PEOPLE INTERACTIONS

PURPOSE

- Review the connections among interactions with people, mood, and recovery.
- Learn how to identify harmful relationships and minimize their impact on you.
- Identify old habits that get in the way of helpful relationships.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: Coping with Difficult People Interactions

What Kind of People Interactions Bring Your Mood Down or Make You Feel Like Drinking/Using?

Old Habits That Get in the Way of Helpful Interactions with People

How to Begin to Change Those Old Habits and Improve Your Interactions with People

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

HOW HAVE YOU BEEN FEELING?



You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



REVIEW

Last Session

What do you remember most from the last session?

Key messages from last session are:

- Choosing helpful interactions with people can lead to more helpful interactions with people.
- You have choices about what you think and do.
- You can change what you think and do at any point. When an interaction with someone else is harmful, you can make a u-turn.

Today we will talk more about coping with difficult situations and harmful people interactions.

Practice

Last session, we asked you to complete these practice activities. How did your practice go?

- 1. Practice making your people interactions more helpful.***
- 2. Track your harmful and helpful people interactions using index cards.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: COPING WITH DIFFICULT PEOPLE INTERACTIONS

What Kind of People Interactions Bring Your Mood Down or Make You Feel Like Drinking/Using?

Some situations are harmful for you because they bring your mood down or make it more likely that you will drink or use. You may also find that certain people in your life have a harmful effect on you. They can even be family members or close friends. These people and situations are your “triggers.”

Each person’s triggers may be different, but common triggers include:

- Somebody offers you alcohol or drugs.
- People drink or use around you.
- You get into an argument with another person.
- Somebody criticizes you.
- Celebrating with friends.

What are your triggers? Think about past experiences. When were you last depressed or when did you last drink or use? Who else was around?

Old Habits That Get in the Way of Helpful Interactions with People

Do you find yourself in the same harmful situations with people over and over again?

If you find that your trigger people interactions keep happening in your life, you may have “relationship rules” that are getting in your way.

People often have rules about relationships that guide the way they interact with others. Some rules are helpful. Some are harmful.

Most of us follow our relationship rules without even knowing that we have them. You can become aware of your rules and then decide whether they are helpful or harmful in your life.

Examples of Relationship Rules

Harmful rules

- “My feelings come last.”
- “Use others before you get used.”
- “If I make a mistake, then I am a bad person.”
- “If someone lets you down once they’ll always let you down.”
- “I can’t trust anyone.”
- “I should try to fix people I’m with.”
- “Others will only accept me if I don’t make waves or complain.”
- “I always need to be in a relationship because I can’t do anything on my own.”
- “I’m damaged goods so I shouldn’t expect to be treated well.”
- “I have to be responsible for everything.”
- “People always disappoint me.”
- “If someone hurts me, I have to get them back.”
- “It is ok to treat people badly when I am feeling badly.”
- “If I open up to another person, I will get hurt.”
- “It’s disrespectful to talk back.”
- “I don’t deserve a good relationship.”

Helpful rules

- “I am a valuable person and people around me have value too.”
- “I do not deserve to be abused or victimized, and I do not want to abuse or victimize others.”
- “I will try to avoid cruel people.”
- “I cannot control or be responsible for what other people do or say, only for what I do or say.”
- “I don't have to be perfect to be loved. People around me don't have to be perfect to be loved either.”
- “I will do my best to notice and show appreciation to people who are helpful and kind.”
- “I will always try to treat other people with respect and kindness.”
- “I will try to treat others as I would like to be treated.”

Where do relationship rules come from?

Relationship rules likely developed when you were growing up. You also may have developed relationship rules while you were drinking or using.

Relationship rules come from:

- Our environment
- Our families
- Our experiences
- The way people treat us
- Our fears

Many rules make sense, and may have been helpful when you were young. When you grow older or when you stop using drugs and alcohol, your environment changes. You have more control over your life and the types of people who are in your life. The rules you developed as children or while using may no longer be useful to you.

Is it time to try a new dance?

Being in a relationship is like dancing. When you are young, you learn to do one kind of dance. You may continue to do that dance as you grow older. But as the music begins to change, your dance may not work as well.



Or the dance that may have been helpful to you when you were using may not be helpful to you anymore. You may need to learn some new steps or a brand new style of dancing. Learning new steps is hard at first, but it gets easier with practice!

What rules do you go by when you interact with others? Write one *harmful* relationship rule.

Harmful relationship rule

Questions to think about:

- Where did your relationship rules come from? What things in your life made you create these rules?
- How have these rules affected you?
- Is your life different now than it was when you first learned your relationship rules?
- If a rule is no longer working, what change would you like to make to it?

How to Begin to Change Those Old Habits and Improve Your Interactions with People

Try looking more closely at a harmful relationship rule to come up with a rule that may be more helpful to you.

Harmful Rule (Thought) Your “old” relationship rule	Old Behavior How did you act with others with this old rule?	Feeling with Harmful Rule How did you feel with this old relationship rule?”	More Helpful Rule (Thought) What might be a more helpful relationship rule?	Feeling with More Helpful Rule How might you feel with this relationship rule?
“Others’ feelings come first.”	Never say no	Angry Frustrated	“My feelings can come first sometimes.”	Happy, relaxed
“If someone hurts me I have to get them back.”	Always quick to respond in anger to feeling hurt or disappointed	Angry On guard	“No one is perfect and conflicts can often be worked through.”	Hopeful Calm
Your examples:				

What steps can you take to begin to use a more helpful relationship rule?

Strive for balance

Many harmful relationship rules are unbalanced and inflexible. They use extreme words like *always*, *never*, *everything*, *everybody*, and *nobody*. You may not have to change your rules completely—just make them more balanced and flexible.

Example: “Trust no one” vs. “Take time to learn who I can trust.”

Plan ahead how you want to act with others

After you know what rules don’t work for you, you can toss them aside and make a choice about how you would like to be with others in a social situation.

For example, if you always used to say “yes” to everyone and ended up feeling drained, plan ahead how you will respond to others’ requests in the future. Maybe you will:

- Remind yourself to stop and think about whether you can really do what the other person is asking of you rather than immediately answering.
- Give yourself time to make a thoughtful decision by saying, “let me think about that and get back to you.”
- Have a phrase in mind to use if you can’t do something another person asks. For example, “I’d like to help you but I’m afraid I can’t do that right now. Maybe I can help out another time or in some other way.”

Act “As If”

- Think about what you might do and say if you had a more helpful relationship rule.
- Try acting “as if” this was your relationship rule. What is the result?



KEY MESSAGES

- Some people interactions may consistently bring your mood down and make it more likely you will drink or use.
- You can learn to notice these “triggers” and change the people interactions to make them more helpful.
- Relationship rules guide how you interact with others; you can change the relationship rules that are harmful and no longer work for you.



What do you want to remember about this module?
Write your own key messages here.



1. Review the helpful interactions with people you wrote down on index cards. In the next session, you will have a chance to think about which helpful interactions would be most helpful to you in the future to keep your mood up and support your recovery.

2. Track your mood and coping using the Daily Check In.

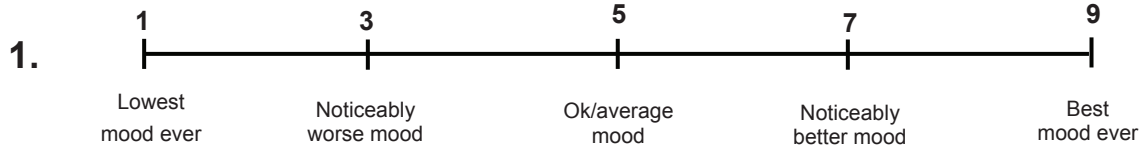
DAILY CHECK IN



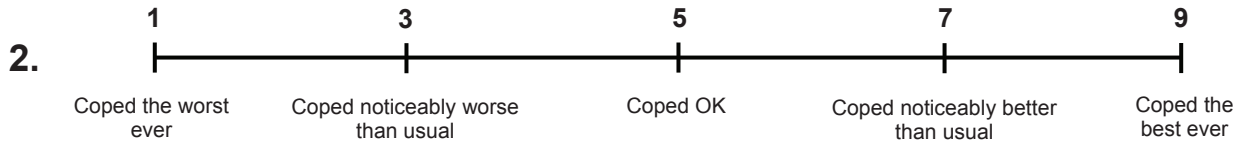
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Lowest mood ever	1	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Coped the worst ever	1	1	1	1	1	1	1

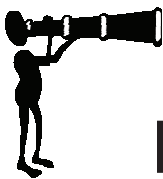
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Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						



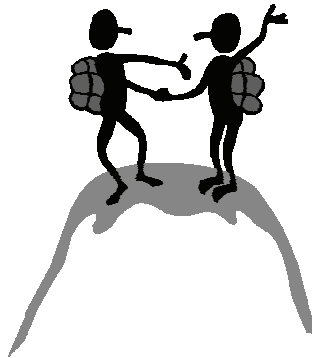
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD

We have talked about some things you can do to improve your mood and support your recovery. In the last session of the module, we will give you more tools to take with you, review the module, and say goodbye to group members who have completed all three modules.



SESSION 6: CHANGING HARMFUL PEOPLE INTERACTIONS TO HELPFUL INTERACTIONS

PURPOSE

- Learn how to use Catch It, Check It, Change It to notice and improve your people interactions.
- Write down on a “Coping Card” helpful ways of interacting with people and other coping strategies you can use to keep your mood up and support your recovery.
- Say goodbye to graduating group members.

OUTLINE

Announcements

Review

New Topic: Changing Harmful People Interactions to Helpful Interactions

You Can Notice and Change Your Harmful People Interactions: Catch It, Check It, Change It

Coping Cards Can Help to Improve Your Mood and Support Your Recovery

Key Messages

Practice

Review of Module

Goodbye to Graduating Group Members

Feedback

Looking Ahead to the Next Module



ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



REVIEW

Last Session

Key messages from last session are:

- Some people interactions may consistently bring your mood down and make it more likely you will drink or use.
- You can learn to notice these “triggers” and change the people interactions to make them more helpful.
- Relationship rules guide how you interact with others; you can change the relationship rules that are harmful and no longer work for you.

Today we will give you more tools for noticing your harmful people interactions and making them more helpful.

Practice

Last session, we asked you to complete these practice activities.

How did your practice go?

- 1. Review the helpful interactions with people you wrote down on index cards.***
- 2. Track your mood and coping using the Daily Check In.***

NEW TOPIC: CHANGING HARMFUL PEOPLE INTERACTIONS TO HELPFUL INTERACTIONS

You Can Notice and Change Your Harmful People Interactions: Catch It, Check It, Change It

CBT teaches you how to manage your people interactions to improve your mood and support your recovery. But many people find that it is difficult to notice how they behave with people in the first place.

You can learn how to notice, or “catch” the people interactions that make it more likely you will feel depressed and drink or use.

It may be that some people are not healthy for you and you choose to not have contact with them.

Or, you may find that you can improve how you interact with people—in the way you communicate, for example—to make an interaction helpful instead of harmful.

Finally, you can learn to think differently in certain situations with people to make the interaction helpful for you without the other people making any changes at all.



1. Catch It

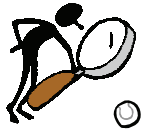
The first step is to notice, or “catch,” your people interactions.

If you find that your feelings are easier to catch than your people interactions, you can use your feelings as a signal to stop and focus on an interaction. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself some questions:



- What was I doing when I noticed a change in my mood?
- Was I with somebody? If so, who?
- What was happening at the time?

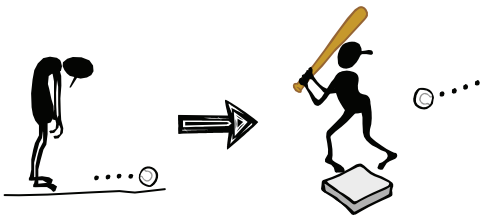
(Do you find it difficult to recognize your feelings? The examples of feelings on page 115 might help you recognize your feelings.)



2. Check It

CBT teaches you to examine your thoughts and behavior more closely. Is the people interaction helpful or harmful for you? What evidence do you have that the people interaction is helpful? What evidence do you have that your people interaction is harmful?

3. Change It



How could you change a harmful people interaction? Can you change direction to improve the situation?

“If you don’t change direction, you’ll wind up where you are headed.”

There are several things you can do to change a harmful people interaction.

- **Consider changing the way you are *thinking*** about or interpreting the situation.
 - Are you making assumptions about the other person that are not true? For example, assuming that another person is ignoring you on purpose when he or she might just be preoccupied with something else.
 - Are you expecting too much of the other person? Can you accept mistakes and imperfections in yourself and others?
- **Use assertive communication.** Remember to make requests and express your thoughts and feelings assertively.
- **Make a U-Turn.** You can change what you think and do at any point. When an interaction is harmful, you can make a u-turn and head in a healthier direction.

Change It—For Example

Suppose you've been sober for a week and are feeling really good. You call up your brother to tell him the good news. He tells you that he's proud of you but that he really can't talk now and he gets off the phone.

As you check your thoughts and feelings about this, you see that you feel sad. You have thoughts like, "If my brother really cared, he would have stayed on the phone." You are tempted to pour yourself a drink.

To improve this situation and change direction before you actually pour a drink, you could think to yourself thoughts like, "*My brother did say he was proud of me; just because he couldn't talk right when I called him doesn't mean he doesn't want to talk to me about being sober again. Maybe I just caught him at a bad time. I'll call him back at a time when I know he usually isn't busy.*"

- **Call a time out.** In an argument with another person, you can suggest that you both take some time out. Wait a few minutes or even hours and come back to the conversation when you have both cooled down. Say "*I'm having trouble thinking through things clearly right now. Could we take a break and get back together in an hour? I should be more in control then.*"
- **Consider saying goodbye to a relationship.** In extreme situations, if a relationship is always harmful, you might choose to end that relationship. For example, it is difficult to have a helpful relationship with the person who used to supply you with drugs, especially if that person is still using and/or dealing. You can choose to not see that person again. In abusive relationships, ending the relationship may be the best alternative. Please be aware that for certain types of abusive relationships, extra help is needed to make a safe exit. Talk with your counselor if you are in an abusive relationship.

Saying goodbye to a relationship is a very difficult decision. If you are uncertain about whether this is the right decision for you, before you take this big step try other solutions first and talk with a counselor.

In what other ways have you changed your harmful people interactions in the past?

Catch It, Check It, Change It

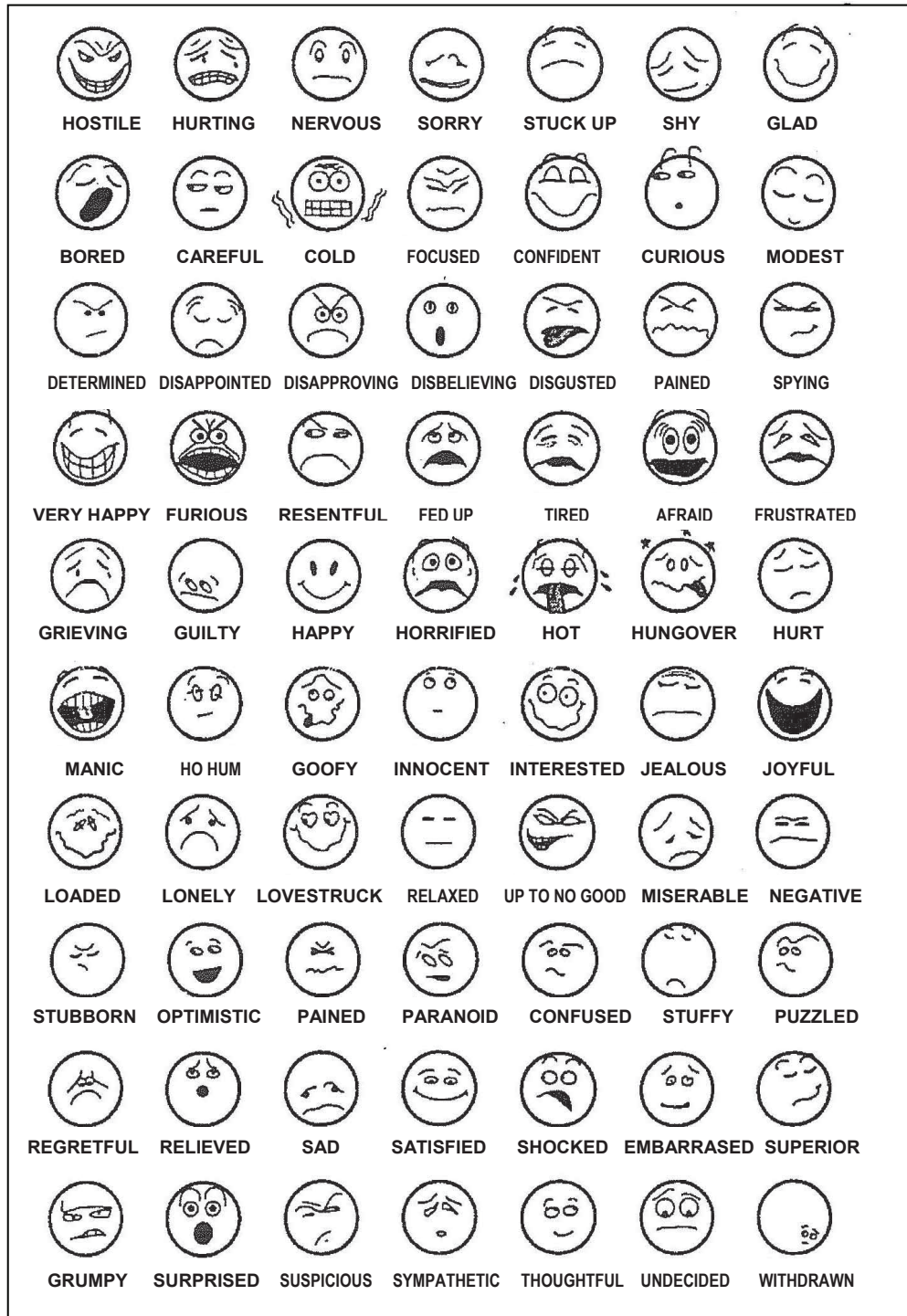
Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



What were your feelings? <i>Angry, ashamed, irritable.</i>	What was your people interaction at the time? <i>I was alone and slept until noon.</i>	Examine the interaction. Is it harmful or helpful? <i>Did I feel good? Did the interaction support my recovery? No, staying in bed late made me feel bad and increased my cravings.</i>	Replace the harmful interaction with a helpful interaction. <i>I could plan a helpful people interaction to do in the morning and set my alarm so I get out of bed.</i>

Examples of feelings and ways of being

Do the pictures help you remember how you feel sometimes?

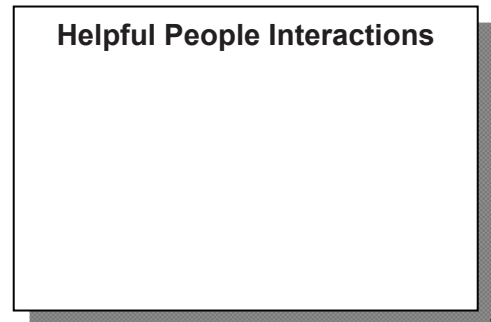


Coping Cards Can Help to Improve Your Mood and Support Your Recovery

Make a “coping card” to help you remember and use helpful people interactions.

- Use one 3” x 5” index card.
- On one side of the card, write “Helpful People Interactions” at the top. Write as many as you can think of. Try to think of interactions that have improved your mood in the past. Examples might be to visit a sober friend, play with your children, and so on.

Helpful People Interactions




On the other side of the card, write “Top 3 reasons I decided to quit,” and list the most important reasons why you decided to stop drinking or using. Remembering these things can help strengthen your commitment and motivation to stay clean.

Top reasons examples:

- To get my kids back
- To be happier with myself

Top 3 reasons I decided to quit





When you are feeling down or feel like drinking or using drugs, pull out your coping card and read it. It can help you get past the moment of stress.

Keep your coping card some place handy so you can pull it out and look at it whenever you feel down or have cravings. Where will it help you the most? If you find that you are interacting in harmful ways with other people, or if you have strong cravings during the day, carry your coping card in your purse or wallet so that you can take it out right away, wherever you are.

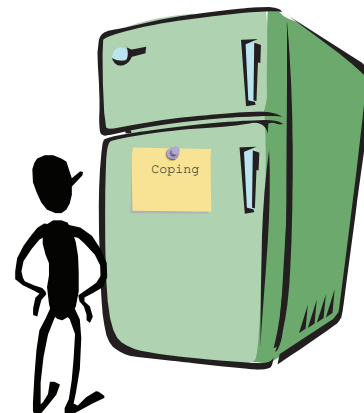


If you are likely to feel down or have strong cravings at night, keep your card at home.

You could tape it to the wall beside your bed,



...or put in on the refrigerator.





KEY MESSAGES

Key messages from this session are:

- You can learn to catch and check your interactions with people to decide if they are harmful or helpful to you.
- Strategies such as assertive communication, reinterpreting your interactions with people, taking a time out, and saying goodbye to harmful relationships can help you change situations and people interactions to make them more helpful.
- A coping card can help you remember the helpful people interactions in your life, keep your mood up, and maintain your recovery.



What do you want to remember about this module?

Write your own key messages here.



1. Keep using *Catch It, Check It, Change It* to notice, examine, and change your harmful people interactions.

2. Find a place to keep your coping card. Don't forget to look at it when you are feeling down or having cravings.

3. Track your mood and coping using the *Daily Check In*.

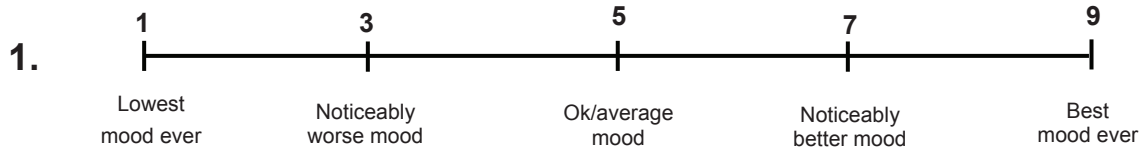
DAILY CHECK IN



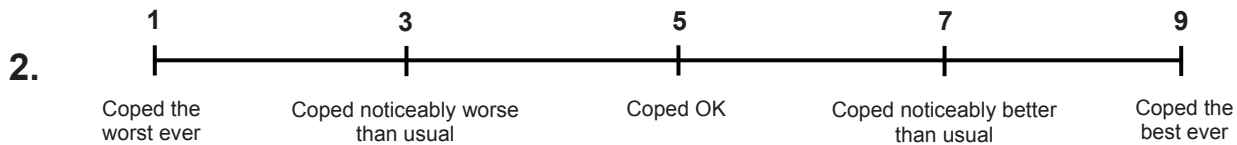
Instructions

Today's Date: _____

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
	Coped the worst ever	2	2	2	2	2	2
		1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						

REVIEW OF MODULE: PEOPLE, ALCOHOL/DRUG USE, AND YOUR MOOD

Over the past six sessions, we have been focusing on people interactions. You have learned that your people interactions affect how you feel and that your feelings affect your drinking and using.

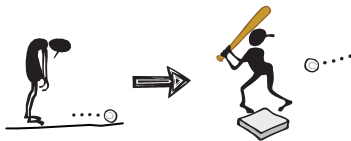
How have you made changes in your people interactions?



1. You can notice, or **catch**, your interactions with other people.



2. You can **check**, or examine, your interactions to see if they help you or harm you. A helpful people interaction is healthy for you—it makes you feel good and supports your recovery. A harmful interaction brings your mood down and makes it more likely that you will drink or use.



3. You can **change** the harmful interactions that get in the way of your good mood and recovery, and choose to have helpful people interactions instead.



What idea from the People module will help you the most? What will you remember? Write your ideas below.

The most important thing I learned from the People module is:

Key messages from “People, Alcohol/Drug Use, and Your Mood” are:

Session 1: People, Mood, and Recovery Are Connected

- The interactions you have with other people can be harmful or helpful.
- Helpful interactions with people can improve your mood and support your recovery
- You can choose to spend time with people who have a positive effect on your mood and on your recovery.

Session 2: Increasing Your Helpful Interactions with People

- You can learn how to notice and examine your interactions with people to decide if they are harmful or helpful to you.
- Balance your social network with people who help you and with people you can help, to improve your mood and support your recovery.
- Meeting new people can be challenging. Planning to do activities around others, making a specific plan to get to know somebody better, and allowing yourself to develop friendships slowly may make it easier.

Session 3: Good Communication for Helpful People Interactions

- You can choose to communicate with others in a way that improves your relationships and your mood, and that supports your recovery.
- Active listening is an important part of communication.
- You have a right to express your thoughts, feelings, and needs. Using assertive communication can be an effective way to do this.

Session 4: Identify Your People Interaction Triggers

- Choosing helpful interactions with people can lead to more helpful interactions with people.
- You have choices about what you think and do.
- You can change what you think and do at any point. When an interaction with someone else is harmful, you can make a u-turn.

Session 5: Coping with Difficult People Interactions and Situations

- Some people interactions may consistently bring your mood down and make it more likely you will drink or use.
- You can learn to notice these “triggers” and change the people interactions to make them more helpful.
- Relationship rules guide how you interact with others; you can change the relationship rules that are harmful and no longer work for you.

Session 6: Changing Harmful People Interactions to Helpful Interactions

- You can learn to catch and check your interactions with people to decide if they are harmful or helpful to you.
- Strategies such as assertive communication, reinterpreting your interactions with people, taking a time out, and saying goodbye to harmful relationships can help you change situations and people interactions to make them more helpful.
- A coping card can help you remember the helpful people interactions in your life, keep your mood up, and maintain your recovery.



GOODBYE TO GRADUATING GROUP MEMBERS

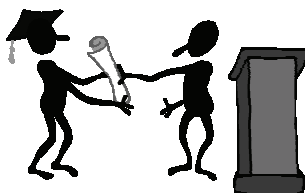
If you have completed all three modules in CBT, you are now a CBT graduate.

CONGRATULATIONS !

Since you are leaving the group, you might want to talk about the following.

1. What have you learned that you think will help you feel better and manage your cravings?
2. What have you learned that will help you reach some of your goals?
3. How will you get support in your everyday life when you are no longer coming to group meetings?
4. What will you do the next time you feel depressed?
5. What will you do the next time you feel like drinking or using?

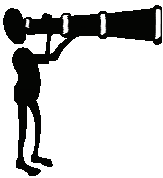
If you still feel depressed or if you are having strong cravings that you feel you cannot resist, tell your group leader, and he or she will help you get further treatment.





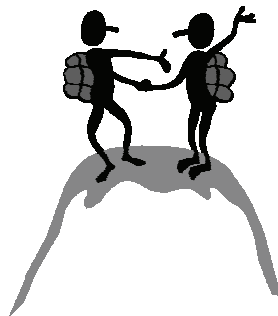
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD TO THE NEXT MODULE

If you are continuing CBT, the next module is called “Thoughts, Alcohol/Drug Use, and Your Mood.” You will learn that your thoughts can be harmful or helpful and that they can affect your mood and your recovery.



RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND DRINKING OR USING

Alcoholics Anonymous (AA)

1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)

1-800-826-3632

www.dbsalliance.org

Narcotics Anonymous (NA)

www.na.org

National Alliance for the Mentally Ill (NAMI)

1-800-950-6264

www.nami.org

Project Return (wellness and support for people with mental illness)

Recovery Inc. (self-help program for mental health)

1-312-337-5661

www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

Control Your Depression

Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren, and Antonette M. Zeiss.

Published by Fireside Books, New York, New York, 1992.

Coping with Depression (videotape)

Author: Mary Ellen Copeland

Published by New Harbinger Publications, Inc., Oakland, California, 1994.

Feeling Good: The New Mood Therapy

Author: David D. Burns

Published by William Morrow, New York, New York, 1980.

The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections

Author: Mary Ellen Copeland.

Published by New Harbinger Publications, Inc., Oakland, California, 2000.

Mind Over Mood: Change How You Feel by Changing the Way You Think

Authors: Dennis Greenberger and Christine A. Padesky.

Published by Guilford Press, New York, New York, 1995.



READ WHAT PREVIOUS GROUP MEMBERS HAVE SAID ABOUT THIS GROUP!

“When I feel like a situation is going to anger me, using tools that I’ve learned (such as “Catch It, Check It, Change It”) throughout the different modules, enabled me to handle the situation at hand in a more responsible and caring type of way.”

“I’ve learned how to open up. I learn that there is more than one way to look at things.”

“There is no such thing as a stupid question.”

“CBT has given me the tools I can use to change my life and be happy and healthy. I can become a responsible person who has freedom from fear. Before, I did not realize I had an option.”

“I have realized life isn’t what I perceived it to be as black and white; it can be truly beautiful and colorful...if you allow yourself to open up to a new way of life.”

“My thought process has changed by allowing me to decide what kind of mood or day I will be having.”

“The fear of change was removed through CBT, because I was provided with insight and tools that enabled me to change myself and how I interacted with others. It gave me the power of self- awareness.”

“I have learned through these classes the tools for a happier and productive life.”