

CBT Skill Acquisition: MAT

Instructions:

Please circle the number that best describes how much you actually do the following things.
How much do you do the following right now?

	I don't know what this means.	I don't do this.	I do this a little.	I sometimes do this.	I mostly do this.	I always do this.
1. Plan activities for free time	0	1	2	3	4	5
2. Identify beliefs and behaviors that make my situation worse	0	1	2	3	4	5
3. Identify risk factors that might lead to a return to old behaviors	0	1	2	3	4	5
4. Engage in positive activities instead of behavior that is harmful to me or others	0	1	2	3	4	5
5. Purposefully do fun things when I am feeling bad	0	1	2	3	4	5
6. Catch myself when I jump to conclusions	0	1	2	3	4	5
7. Notice when I start to feel more distressed	0	1	2	3	4	5
8. Challenge my thoughts	0	1	2	3	4	5
9. Motivate myself by doing things	0	1	2	3	4	5
10. Socialize even though I don't feel like it	0	1	2	3	4	5
11. Plan my time during the week	0	1	2	3	4	5
12. Identify stressors that led me into behaviors that were harmful for me or others	0	1	2	3	4	5
13. Communicate my needs effectively	0	1	2	3	4	5
14. Catch my negative thought patterns at the time I have them	0	1	2	3	4	5
15. Keep track of signs and symptoms of returning to old behaviors	0	1	2	3	4	5

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16. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5
17. Have realistic expectations about the medication's role in helping me stop using opioids	0	1	2	3	4	5
18. Know who to talk to or where to find reputable information when I have questions about the medication or the MAT process	0	1	2	3	4	5
19. Consider my most important reasons for making a change in my opioid use	0	1	2	3	4	5
20. Use assertive communication when talking to people about my needs	0	1	2	3	4	5
21. Speak up and ask questions when I don't understand something about my treatment	0	1	2	3	4	5
22. Prepare for my doctor appointments to make the most of my visits	0	1	2	3	4	5
23. Speak openly and honestly with my doctor so he or she understands my experience	0	1	2	3	4	5
24. When I encounter situations in which someone is negative about my decision to take medications as treatment, I remain confident in my decision	0	1	2	3	4	5

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25. Have strategies for dealing with friends and family members who react negatively to my decision to <u>stop using opioids</u>	0	1	2	3	4	5
26. Have strategies for dealing with friends and family members who react negatively to my decision to <u>take medications as treatment</u>	0	1	2	3	4	5
27. When I notice an urge to start an old, unhealthy routine, I replace that action with a healthier action	0	1	2	3	4	5
28. Intentionally shape my behavior by setting up healthy habits or routines	0	1	2	3	4	5
29. Demonstrate an ability to be open-minded by listening and being receptive to the views of others, including feedback about my own behavior	0	1	2	3	4	5
30. Identify hurdles that have the potential of getting me off track with my medication or recovery	0	1	2	3	4	5
31. Have a plan for how to respond when I face hurdles that might get me off track	0	1	2	3	4	5
32. When I have discouraging thoughts, I replace unhelpful self-talk with positive self-talk	0	1	2	3	4	5
33. Look forward and set goals for my future	0	1	2	3	4	5

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34. Think carefully about whether my goals are SMART (specific, measurable, achievable, rewarding and timebound)	0	1	2	3	4	5
35. Share my goals with supportive people in my life	0	1	2	3	4	5
36. Create a schedule to stay on track with my medication and recovery	0	1	2	3	4	5
37. When I notice myself feeling a lack of motivation, I remember my own reasons for beginning the MAT program	0	1	2	3	4	5
38. Celebrate the positive steps I am taking and reward myself as a way to stay motivated	0	1	2	3	4	5
39. Think of the ways my life will change/has changed in a positive way by sticking with my treatment	0	1	2	3	4	5
40. Have confidence that I will be successful with MAT	0	1	2	3	4	5