

# CBT Skill Acquisition: MEE (Motivational-Educational-Experiential) Version

## 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 substance use.	0	1	2	3	4	5
4. Engage in positive activities instead of a behavior that is harmful to me or others.	0	1	2	3	4	5
5. Purposefully do fun things that I like when I am feeling badly.	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 treatment.	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 that I have them.	0	1	2	3	4	5
15. Keep track of signs and symptoms of returning to substance use.	0	1	2	3	4	5
16. Find evidence to support my thoughts before buying into them.	0	1	2	3	4	5

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17. Consider my strengths and how they can help me maintain positive change.	0	1	2	3	4	5
18. Think about the specific motivations I have to change my behavior.	0	1	2	3	4	5
19. Review proven strategies I can use to make positive changes.	0	1	2	3	4	5
20. Prioritize my recovery from alcohol and/or drugs.	0	1	2	3	4	5
21. Take steps to stop the progression of my addiction to drugs and/or alcohol.	0	1	2	3	4	5
22. Think about the benefits of avoiding the kind of damage alcohol and/or other drugs causes your brain and body.	0	1	2	3	4	5
23. Look at problems I am having in an open and honest way.	0	1	2	3	4	5
24. Avoid ways to justify or defend my use of alcohol and/or other drugs.	0	1	2	3	4	5
25. Allow others to share details of how they perceive my behavior without becoming defensive.	0	1	2	3	4	5
26. Accept my own powerlessness over alcohol and/or other drugs.	0	1	2	3	4	5
27. Realize that no matter what I do, things get worse when I drink or use.	0	1	2	3	4	5
28. Think about ways my life became unmanageable when I was drinking/using.	0	1	2	3	4	5

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29. Believe that my recovery can only come from a power greater than myself.	0	1	2	3	4	5
30. Take steps toward growing spiritually.	0	1	2	3	4	5
31. Ask my Higher Power for help when I feel my self-will trying to take control.	0	1	2	3	4	5
32. Make direct amends to those I have harmed.	0	1	2	3	4	5
33. Make indirect amends to those whom I have harmed, when direct amends are not possible.	0	1	2	3	4	5
34. Find character defects I am willing to give up.	0	1	2	3	4	5
35. Try to practice the 12 steps in all of my affairs.	0	1	2	3	4	5
36. Watch for selfishness, dishonesty, resentment and fear, and when these appear I ask my Higher Power to remove them.	0	1	2	3	4	5
37. Share my experiences, strength and hope with others.	0	1	2	3	4	5
38. Recognize the promises of freedom and happiness offered to me as a result of working my program.	0	1	2	3	4	5
39. Find ways to fit the 12 steps into my daily life.	0	1	2	3	4	5
40. Reach out to my sponsor or friends in the program when I need help.	0	1	2	3	4	5
41. Change my negative self-talk as a way to change the way I feel.	0	1	2	3	4	5

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42. Find healthy alternatives I can use when I start to experience a difficult or uncomfortable feeling.	0	1	2	3	4	5
43. Seek support from people when I have unpleasant or negative feelings.	0	1	2	3	4	5
44. Recognize the physical signs that I am feeling angry.	0	1	2	3	4	5
45. Practice effective strategies for managing my anger.	0	1	2	3	4	5
46. Use my anger management plan when situations come up so that I am dealing with my anger in a healthy way.	0	1	2	3	4	5
47. Say things to myself that strengthen my self-worth.	0	1	2	3	4	5
48. Behave in a way that is consistent with my values.	0	1	2	3	4	5
49. Take steps to improve my self-care.	0	1	2	3	4	5
50. Share positive experiences with those who are important to me.	0	1	2	3	4	5
51. Nurture healthy relationships through effective communication.	0	1	2	3	4	5
52. Show those whom I care about that I can be trusted.	0	1	2	3	4	5
53. Practice strategies that help me better manage stress.	0	1	2	3	4	5
54. Make healthy choices to take care of my body and mind.	0	1	2	3	4	5

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55. Manage my time in a way that allows me to meet my daily responsibilities.	0	1	2	3	4	5
56. Identify my "stinking thinking" and behaviors and turn them in a more positive direction.	0	1	2	3	4	5
57. Watch out for warning signs of returning to alcohol and/or drug use.	0	1	2	3	4	5
58. Take steps to develop my strengths as a way to help with my recovery efforts.	0	1	2	3	4	5
59. Find healthy alternative activities as a way to reduce cravings.	0	1	2	3	4	5
60. Think through all the possible positive and negative consequences before making a decision.	0	1	2	3	4	5
61. Take steps to practice and strengthen coping skills that can help me maintain positive behavior change.	0	1	2	3	4	5
62. Plan ahead for events and challenges related to managing my co-occurring disorders.	0	1	2	3	4	5
63. Communicate openly and in a timely manner with my recovery team.	0	1	2	3	4	5
64. Recognize the ways in which my mental health condition interacts with alcohol and/or drug use.	0	1	2	3	4	5
65. Adjust my self-talk in a way that leads to more positive feelings and behavior.	0	1	2	3	4	5
66. Identify risky self-talk that puts me at risk for negative feelings and behavior.	0	1	2	3	4	5

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67. Recognize that I control how I feel and act by the way I think.	0	1	2	3	4	5
68. Pay attention to my warning signs that could lead me back to problem behaviors.	0	1	2	3	4	5
69. Focus on the ways to stay on the course of recovery.	0	1	2	3	4	5
70. Look back and celebrate the positive changes I have accomplished.	0	1	2	3	4	5
71. Build skills that make me a valuable employee.	0	1	2	3	4	5
72. Plan short-term and long-term goals that will help me reach the career I want for myself.	0	1	2	3	4	5
73. Engage in opportunities to learn new skills.	0	1	2	3	4	5

## Step Work

Choose the response that best matches where you are in working the steps.

	I don't know what this step is	I know what this step is, but have never worked this step	I have worked this step in the past	I have worked this step in the past 90 days	I have worked this step in the past 30 days
1. Work the first step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
2. Work the second step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4

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Choose the response that best matches where you are in working the steps.

	I don't know what this step is	I know what this step is, but have never worked this step	I have worked this step in the past	I have worked this step in the past 90 days	I have worked this step in the past 30 days
3. Work the third step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
4. Work the fourth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
5. Work the fifth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
6. Work the sixth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
7. Work the seventh step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
8. Work the eighth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
9. Work the ninth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
10. Work the tenth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
11. Work the eleventh step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4
12. Work the twelfth step of Alcoholics Anonymous or Narcotics Anonymous.	0	1	2	3	4