

SESSION PLANS

Why Am I Here?

5 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *Why Am I Here?* and the topics being covered. Participants understand what they can expect to get out of the program. Establish confidentiality.

Lifework

Assign pages 6-8.

Session 2

In-session Objectives

Process pages 6-8. Participants briefly share their stories. Emphasize relevance to current concerns and challenges.

Lifework

Invite participants to write about their stories in more depth out of session. Assign pages 9-13.

Session 3

In-session Objectives

Process pages 9-13. Participants identify their top concerns, strengths and motivations for change.

Lifework

Have participants expand their responses to the question, "If this got better, what difference would it make in your life?" Assign pages 14-18.

Session 4

In-session Objectives

Process pages 14-18. Participants express how the eight building blocks can help them get the most out of treatment.

Lifework

Have participants write about instances in which they demonstrate the eight building blocks. Assign pages 19-23.

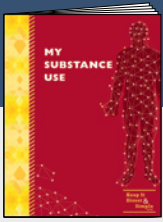
Session 5

In-session Objectives

Process pages 19-23. Participants build a plan for changes they would like to make, including people and resources to help them.

Lifework

Encourage participants to keep their *Why Am I Here?* Journals and practice the skills they have learned.



SESSION PLANS

My Substance Use

5 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *My Substance Use* and the topics being covered. Participants define the term “drug” and understand several factors influencing a drug’s effect on them.

Lifework

- Assign pages 6-9.

Session 2

In-session Objectives

Process pages 6-9. Participants understand effects of alcohol and marijuana use.

Lifework

- Encourage participants to talk to someone who is working on a program of recovery. Assign pages 10-15.

Session 3

In-session Objectives

Process pages 10-15. Participants understand consequences of using methamphetamine, cocaine, heroin, hallucinogens, inhalants and nicotine, as well as synthetic, prescription and over-the-counter drugs.

Lifework

- Have participants research the myths and facts about different substances. Assign pages 16-19.

Session 4

In-session Objectives

Process pages 16-19. Participants examine personal consequences of substance use and risk factors for developing problems.

Lifework

- Have participants research the consequences of substance use. Assign pages 20-23.

Session 5

In-session Objectives

Process pages 20-23. Participants understand the different behaviors associated with substance use, misuse and problem use, then examine the costs and benefits of changing substance use behaviors.

Lifework

- Encourage participants to keep their *My Substance Use Journals* and practice the skills they have learned.



SESSION PLANS

My Feelings

5 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-7. Introduce *My Feelings* and the topics being covered. Participants consider which feelings they face most frequently and understand six facts about feelings.

Lifework

Assign pages 8-13.

Session 2

In-session Objectives

Process pages 8-13. Participants reflect on their experiences with difficult feelings of fear, guilt, shame, sadness and grief.

Lifework

Assign pages 14-16.

Session 3

In-session Objectives

Process pages 14-16. Participants understand the physical signs of anger and learn the strategy of taking a time-out.

Lifework

Have participants track their feelings of anger. Assign pages 17-19.

Session 4

In-session Objectives

Process pages 17-19. Participants explore two strategies that can help them cope with difficult feelings: seeking help and support, and checking the facts.

Lifework

Assign pages 20-23.

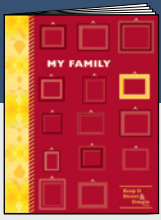
Session 5

In-session Objectives

Process pages 20-23. Participants explore three additional strategies that can help them cope with difficult feelings: challenging negative self-talk, finding healthy alternatives and being prepared. Participants create a plan for coping with two feelings that have caused problems for them.

Lifework

Have participants record their experiences using each of the four healthy alternatives they learned on page 21. Encourage participants to keep their *My Feelings Journals* and practice the skills they have learned.



SESSION PLANS

My Family

5 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *My Family* and the topics being covered. Participants define the concept of family and identify individuals included in their families.

Lifework

Assign pages 6-11.

Session 2

In-session Objectives

Process pages 6-11. Participants examine traits passed on to them from family members and assess the health of their family relationships. Participants reflect on their experience of the qualities of honesty, openness, caring, trust and respect.

Lifework

Have participants write about puzzle pieces they would like to strengthen in their family relationships. Assign pages 12-15.

Session 3

In-session Objectives

Process pages 12-15. Participants explore two ground rules that can help them improve family relationships: checking themselves first and practicing good communication.

Lifework

Have participants observe a person who demonstrates effective communication skills. Assign pages 16-19.

Session 4

In-session Objectives

Process pages 16-19. Participants explore three additional ground rules that can help them improve family relationships: sharing positive experiences, having realistic expectations and doing no harm.

Lifework

Assign pages 20-23.

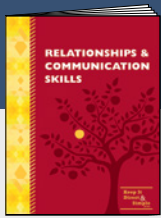
Session 5

In-session Objectives

Process pages 20-23. Participants consider tips for handling conflicts effectively and identify three ground rules that are important to their efforts to improve family relationships.

Lifework

Have participants practice a technique for handling conflict and record their results. Encourage participants to keep their *My Family Journals* and practice the skills they have learned.



SESSION PLANS

Relationships & Communication Skills

6 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *Relationships & Communication Skills* and the topics being covered. Participants understand characteristics of healthy and unhealthy relationships.

Lifework

Assign pages 6-8.

Session 2

In-session Objectives

Process pages 6-8. Participants consider the importance of honesty, trust, respect, caring and openness in healthy relationships.

Lifework

Have participants observe a person who demonstrates honesty, trust, respect, caring and openness. Assign pages 9-12.

Session 3

In-session Objectives

Process pages 9-12. Participants explore the role of talking, listening and body language in effective communication.

Lifework

Have participants record their interactions and what they noticed about their logs. Assign pages 13-15.

Session 4

In-session Objectives

Process pages 13-15. Participants identify their most frequent style of communication and understand the benefits of using assertive communication.

Lifework

Have participants observe a person who uses assertive communication. Assign pages 16-18.

Session 5

In-session Objectives

Process pages 16-18. Participants practice ways to use good communication to handle negative peer pressure.

Lifework

Have participants record times they use the four elements of an effective response to negative peer pressure. Assign pages 19-23.

Session 6

In-session Objectives

Process pages 19-23. Participants explore the benefits of healthy relationships and identify three important relationships they want to improve.

Lifework

Have participants write about a healthy relationship they have had. Encourage participants to keep their *Relationships & Communication Skills Journals* and practice the skills they have learned.



SESSION PLANS

How We Think

6 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *How We Think* and the topics being covered. Participants understand the concept of self-talk and its role in their feelings and behaviors.

Lifework

Assign pages 6-8.

Session 2

In-session Objectives

Process pages 6-8. Participants examine the role of risky and responsible self-talk in specific situations.

Lifework

Have participants record times they recognize they are using one of the six common categories of risky thoughts. Assign pages 9-12.

Session 3

In-session Objectives

Process pages 9-12. Participants consider six common categories of risky thoughts that often lead to negative behaviors, including ways they have used these thoughts.

Lifework

Assign pages 13-17.

Session 4

In-session Objectives

Process pages 13-17. Participants explore ways to challenge their thinking to encourage healthier feelings and behaviors.

Lifework

Have participants track times they use the thought-stopping strategy. Assign pages 18-20.

Session 5

In-session Objectives

Process pages 18-20. Participants explore ways to coach themselves to encourage healthier feelings and behaviors.

Lifework

Have participants track times they use the coach yourself strategy. Assign pages 21-23.

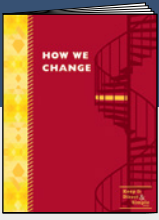
Session 6

In-session Objectives

Process pages 21-23. Participants identify strategies they plan to apply in specific situations.

Lifework

Encourage participants to keep their *How We Think* Journals and practice the skills they have learned.



SESSION PLANS

How We Change

5 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *How We Change* and the topics being covered. Participants understand the first two stages of change: being unaware and thinking about change.

Lifework

Assign pages 6-8.

Session 2

In-session Objectives

Process pages 6-8. Participants understand the next three stages of change: exploring options, taking action and sticking with it.

Lifework

Have participants bring in a magazine or newspaper article about someone who made a positive life change. Assign pages 9-13.

Session 3

In-session Objectives

Process pages 9-13. Participants explore strategies that can help them prepare for change.

Lifework

Have participants practice asking for help. Assign pages 14-19.

Session 4

In-session Objectives

Process pages 14-19. Participants explore strategies that can help them make and maintain change.

Lifework

Have participants track times when they engage in one of the healthy activities they wrote about. Assign pages 20-23.

Session 5

In-session Objectives

Process pages 20-23. Participants describe their motivation for change and set two personal SMART goals for behaviors they would like to change.

Lifework

Encourage participants to keep their *How We Change* Journals and practice the skills they have learned.



SESSION PLANS

Building Strong Values

5 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *Building Strong Values* and the topics being covered. Participants identify their most important personal values.

Lifework

- Have participants bring in articles about people they respect based on their positive values. Assign pages 6-9.

Session 2

In-session Objectives

Process pages 6-9. Participants consider whether their behaviors and values are aligned. Four pillars of a healthy lifestyle are introduced.

Lifework

- Have participants write about specific ways a person of their choosing demonstrates honesty, respect, caring and responsibility. Assign pages 10-13.

Session 3

In-session Objectives

Process pages 10-13. Participants reflect on their personal experiences of honesty versus dishonesty, and respect versus disrespect.

Lifework

- Have participants observe and record instances of disrespectful and respectful behavior. Assign pages 14-17.

Session 4

In-session Objectives

Process pages 14-17. Participants reflect on their personal experiences of caring versus uncaring, and responsibility versus irresponsibility.

Lifework

- Have participants write a letter about caring to someone of their choosing. Assign pages 18-23.

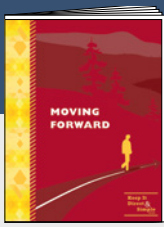
Session 5

In-session Objectives

Process pages 18-23. Participants set three SMART goals based on the most important values they want to strengthen.

Lifework

- Have participants share their goals with supportive people. Encourage participants to keep their *Building Strong Values* Journals and practice the skills they have learned.



SESSION PLANS

Moving Forward

6 Sessions | Group Application (45 minutes)

Session 1

In-session Objectives

Process pages 2-5. Introduce *Moving Forward* and the topics being covered. Participants understand the concept of relapse prevention, identify current obstacles and consider benefits of moving forward in recovery.

Lifework

Assign pages 6-9.

Session 2

In-session Objectives

Process pages 6-9. Participants consider personal strengths that can help them succeed. Five warning signs for relapse are introduced.

Lifework

Assign pages 10-13.

Session 3

In-session Objectives

Process pages 10-13. Participants develop a plan to handle the relapse warning sign of high-risk people, places and things.

Lifework

Assign pages 14-17.

Session 4

In-session Objectives

Process pages 14-17. Participants develop a plan to handle the relapse warning signs of high-risk thoughts and feelings.

Lifework

Have participants track times they find themselves using high-risk thinking and what strategies they use to change their self-talk. Assign pages 18-20.

Session 5

In-session Objectives

Process pages 18-20. Participants develop a plan to strengthen supportive relationships with four people.

Lifework

Assign pages 21-23.

Session 6

In-session Objectives

Process pages 21-23. Participants explore ways to spend their free time in healthy ways and stay motivated in their efforts to change.

Lifework

Encourage participants to keep their *Moving Forward Journals* and practice the skills they have learned.