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GROUP LEADER’S MANUAL

Building Recovery by Improving Goals, Habits, and Thoughts

A Group Cognitive Behavioral Therapy for Depression in Clients with Co-Occurring Alcohol and Drug Use Problems

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

The authors adapted this publication 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.
This is your book to keep. Feel free to write in it.

This workbook belongs to:

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(Name)

_______________________________________________________________
(Date)
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SESSION 1: DEPRESSION AND SUBSTANCE ABUSE

LEADER TIPS

Materials Needed

- **Group Member’s Workbooks** (“Substance Abuse and Your Mood”)—enough for everyone in the group
- Pens—enough for everyone in the group
- The PHQ-9 depression measure—enough copies for everyone in the group
- Dry erase board, chalkboard, or large sheets of paper to present material to group
- Kleenex or other facial tissue

Group Leaders’ Goals

- Make all group members feel welcome.
- Discuss group rules.
- Introduce yourselves and provide phone numbers.
- Begin to encourage group sharing and support by having group members introduce themselves.
- Help group members understand what depression is.
- Help group members understand CBT and how it can help depression.
- Remind group members of topics and skills introduced in the previous module (People Interactions and Your Mood).
- Discuss the connection between depression and substance abuse.
**LEADER TIPS**

**Welcome Group Members**

**As group members arrive:**

- Introduce yourself and invite group members to sit anywhere.
- Pass out the Group Member’s Workbooks (Substance Abuse and Your Mood)
- Pass out the PHQ-9 depression measure. Ask group members to fill it out, put their names on it, and return it to you. Tell group members that you will talk more about it later.
- Scan the questionnaires quickly as you collect them. Notice any major changes in the severity of group members’ depression symptoms, including thoughts of suicide. If a group member reports thoughts of suicide, follow the procedures that you have worked out with your supervisor in advance regarding how to handle these situations. Often this involves having one group leader meet privately with the client either during group or immediately following to further assess the client’s risk of suicide or “handing off” the client to another clinician who will conduct this assessment. Consult with your supervisor immediately in the case of a client who is suicidal.

**Begin the group:**

- Welcome all group members. **Say:** Welcome to the BRIGHT Group Cognitive Behavioral Therapy for Depression. This is the module called “Substance Abuse and Your Mood.” We will talk more about Cognitive Behavioral Therapy in a few minutes.
- **Say:** Some of the group members have attended one or more previous modules and others are entering the group for the first time.
- **Identify** members of the group who will be graduating (completing all four CBT modules) at the end of this module.
- **Say:** Congratulations to everyone for being brave enough to come to the group.
- **Say:** Turn to the first page after the cover in your books and put your name and the date on the lines.
- **Say:**
  - The workbooks belong to you.
  - You will be writing in them.
  - You should bring your workbooks to every group meeting.
  - You will keep them when the group is over.
- **Say:** We will not take formal breaks, but you should feel free to get up and use the restroom whenever you need to.

**Purpose and Outline**

**Group Member’s Workbook: Page 1**

1. **Say:** Every session begins with a few points about the purpose of the session and an outline of the session. We will go over these now.
2. **Introduce** the Purpose and Outline.
3. **Ask:** Does anybody have any questions so far?
PURPOSE

- Learn about the connection between mood and substance abuse. (In this module, we use the term “substance abuse” to refer to all kinds of drug and alcohol addiction.)
- Recognize that the same kinds of thoughts and behaviors that can help you recover from depression may also help you recover from using drugs and alcohol.

OUTLINE

I. Welcome
II. Group Rules
III. Announcements
IV. Introductions
V. What Is Depression?
VI. What Is Cognitive Behavioral Therapy (CBT)?
VII. How Does CBT Treat Depression?
VIII. How Have You Been Feeling?
IX. Review
X. New Topic: Your Mood and Substance Abuse Are Connected
   A. How Does Your Mood Affect Your Use of Drugs or Alcohol?
   B. How Does Using Drugs or Alcohol Affect Your Mood?
   C. Notice Your Thoughts
XI. Key Messages
XII. Practice
XIII. Feedback
XIV. Looking Ahead
GROUP RULES

LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 3

1. **Go over group rules** before anyone discloses any personal information. Don’t forget to talk about the exceptions to confidentiality (#3). Tell the group the name of your supervisor (#3). Ask if anybody in the group has questions or comments about any of the rules.

---

1. **Come to every group meeting.** If you can’t make it, call us at this number:

(__________)__________ - ___________________ (Contact number)

2. **Come to group meetings on time.**

3. **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.

4. **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.

5. **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.

6. **Know that you don’t have to share everything.**

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

8. **Tell us if you are unhappy with the group or your treatment.**
LEADER TIPS

Time: 2 minutes
Group Member’s Workbook: Page 4

1. Make announcements if there are any. Answer group members’ questions right away if they relate to the way the group is run.

2. Time will not allow for group members to add big items to the agenda. However, each person should have a chance to talk about personal issues that add to his or her depression. Each person needs to feel that he or she has been heard and understood by the group. Many of the group members’ concerns can be addressed in the work of the session. If necessary, arrange to talk with a group member individually after the session.

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 leader know about?
LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 5

1. Give group members phone numbers where they can contact you.
   - Write your names and the phone numbers on the board.
   - Suggest that group members write the information in their workbooks where it will be easy to find.

2. Say: Now we would like for everyone to get to know each other. You will have a chance to talk about your depression and substance abuse later during the sessions. For now, let’s start the introductions with the subjects in your workbook.

3. Introduce the text. Provide a model for the group members by introducing yourselves first. Answer one or two questions in the workbook.
   - If some members begin to provide more information than necessary, gently remind them that they will have time to talk about other issues during the group. For now the focus is on introductions.
   - It may be helpful to ask group members questions that result in short answers, such as, “Where did you grow up?”
   - If members focus on their depression or their substance abuse when they describe themselves, stop them and remind them that the group wants to know who they are and what they are like apart from their depression or substance abuse. (It is very useful for them to present their “other” self to the group.)
Group Leaders

Your group leaders are:

________________________________(_______)_______________
(Name)      (Contact number)

________________________________(_______)_______________
(Name)      (Contact number)

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 or substance abuse as the group progresses. 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?

LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 6

No matter how different group members might be from each other, the information about depression allows them to see that they are not alone. They share common feelings and a common enemy—depression.

1. **Introduce** “Depression Is Common.”

2. **Say:** *What is depression like for you?*
   - One group leader should write the symptoms named by the group on the board.
   - As group members mention a symptom, ask whether other group members have had similar concerns.
   - If some symptoms of depression are not mentioned by group members, add them to the list at the end. **Say:** *Everybody in this group has experienced symptoms of depression, and what we’re trying to do is help you overcome these symptoms and feel better.*

3. **Introduce** “Depression Is,” “The 9 Symptoms of Depression,” and “Possible Triggers for Depression.” **Ask:** *What was happening in your life when you got depressed?*
   - Take notes and use this information to understand the needs of group members and to plan the sessions to make them as helpful as possible. (You probably already know something about group members based on the contact you made with them before the group started.)
   - If any of the triggers for depression are not mentioned by group members, tell them that other things can cause depression and read from the list.

4. **Introduce** the section called “What You Can Do.” **Say:** *Tell one of the group leaders if you have thoughts of suicide. Depression is very treatable and you can feel better!*

5. **Sum up by emphasizing these key points.**
   - Depression is defined by the experience of five or more symptoms occurring most of the time for a period of at least two weeks and interfering with your life or activities a lot.
   - Depression is common.
   - A person can get help for depression and feel better.
Depression Is Common

- Nearly everyone feels sad at some point in their lives.
- Most adults have had depressed moods and/or know what they are.
- 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.

*What is depression like for you?*

Depression Is:

- A low mood or sad feelings that make it hard to carry out daily duties.
- Possible at any point in your life.
- 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.
Possible Triggers for Depression

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

*What was happening in your life when you got depressed?*

What You Can Do

- Come to this CBT group!
- Practice the skills you learn during the CBT group.
- Get help and support from family members, friends, and others.
- Discuss how you feel with your doctor, nurse, therapist, or counselor.
- Ask your doctor if antidepressant medicines might be helpful.

*Let the group leader know if you have thoughts of death or suicide. We can help you get the support you need to feel better.*
What is Cognitive Behavioral Therapy?

Leader Tips

Time: 10 minutes
Group Member’s Workbook: Page 8

1. Introduce the text.

2. Stop after each section and ask for questions and comments. Or ask for a volunteer among those who have been through other CBT modules to explain CBT to the group. Encourage questions and discussion.

This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—to people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

This approach does not mean that your thoughts and behaviors caused your depression in the first place. Making changes in your thinking and behavior can help your depression no matter what caused you to feel down.

“Managing” your depression means to:

- Make the feelings of depression less intense.
- Make the time that you are depressed shorter.
- Learn ways to prevent getting depressed again, despite real problems.
- Learn how staying free of drugs or alcohol can improve your mood.
The group meetings are helpful because they:

- Provide you with support from other people in the group.
- Help you understand that you are not alone.
- Help you learn the CBT skills more easily.
- Show many ways other people use the CBT skills to deal with depression and feel better.

During the group you will learn skills to:

- Change your thoughts.
- Change your behaviors, including your
  - Activities
  - Interactions with other people.
- Improve the way you feel and support your recovery.

During the group you will NOT be asked to:

- Lie down on a couch.
- Share all your painful thoughts and experiences.
- Talk at length about your family or childhood.

The group will focus on practical strategies to improve things right now.
**What does the name “Cognitive Behavioral Therapy” mean?**

*Cognitive* refers to thoughts.

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

We will focus on your thoughts and your behavior to improve your mood.

Because this CBT program is for people with depression and substance abuse, we will also discuss how mood and substance abuse are connected.
This CBT treatment program is organized into four modules, with four sessions in each module.

- Module: How your thoughts affect your mood = 4 sessions
- Module: How your activities affect your mood = 4 sessions
- Module: How your interactions with other people affect your mood = 4 sessions
- Module: How using drugs or alcohol affects your mood = 4 sessions

Total CBT sessions = 16 sessions

Group members can join the group at any module. However, each group member must begin with Session 1 of a module. That means that if the Activities module is #1 for you, the People Interactions module will be #2.

Each module focuses on one subject, but they overlap with each other, and you will find that we mention the other subjects throughout the treatment.
HOW DOES CBT TREAT DEPRESSION?

LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 12

Say: Imagine an event, such as losing a job, or something less extreme, such as being late to work. It would be natural to feel upset. But other factors can make your suffering even worse.

Refer to parts of the CBT circle, as you read the text below.

Thoughts. If a person loses a job, he or she might have thoughts like “I am useless now that I don’t work.” This can lead to feelings of depression. Feeling depressed can then lead to other harmful thoughts such as “nothing will ever work out for me.” This, in turn, will likely worsen the depression. Now, imagine a second person who, in response to the same event, instead thinks he or she learned a lot and got great experience at the job. The second person is less likely to become depressed. Being in a better mood may also lead to additional helpful thoughts like, “My past experience will help me get a new job.”

Activities. Another factor is how we act. Going back to our example, in response to losing a job one person might start sleeping a lot more and avoid going out of the house. These behaviors can lead to a worsening of depression, which in turn could lead to additional harmful behaviors, such as neglecting personal care—skipping meals, not showering, and so on. In contrast, if a person in response to losing his or her job decides to engage in healthy behaviors such as looking for new work or taking advantage of time at home to work on hobbies or other personal projects, this person’s mood is likely to be better. This, in turn, may make it easier for the person to engage in other healthy behaviors.

People. Depression can also negatively affect the amount or kinds of contact we have with other people. A person who loses their job might isolate from others. This may lead to feeling depressed, which in turn may lead to additional harmful interpersonal behaviors, such as spending time with one’s old drinking buddies. In contrast, if after losing a job a person seeks out support from others, this can help improve mood and lead to other healthy contacts with others—like getting advice on finding new work.

Substance abuse. In addition to harmful thoughts, behaviors, and contacts with people worsening depression, these factors can also lead to increased use of drugs and alcohol. Then another vicious cycle can develop in which increased substance use worsens depression, and the worsened depression, in turn, increases substance use. So when we put all these parts together, we see that CBT can help prevent this cycle of increased depression and substance use by helping a person to learn new ways to think and behave in response to stressors.

Ask questions to involve group members. For example “How can you relate the CBT Circle to your own lives?”
Using the CBT Circle, we can understand the cycle of depression. An upsetting event might happen such as losing a job or the death of a relative. An upsetting event can also be less extreme, such as being late to work or having a disagreement with a friend. These upsetting events are real, and almost anyone would feel a certain amount of sadness, anger, or frustration because of them. But other factors can add to your suffering. They include:

- Your thoughts.
- The way you act (your behavior).
- Interactions you have with other people.
- Use of drugs or alcohol.

CBT helps break this cycle of depression by teaching you that for each of these factors—thoughts, activities, people interactions, and substance abuse—there is a part that you can manage and change. Also, because they are all connected, you can make changes in one area to affect the other areas.
We will be working on breaking these connections.

In this module, we focus on the connection between depression and substance abuse.
HOW HAVE YOU BEEN FEELING?

LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 14

1. Introduce the text.

2. After the session, compare each group member’s survey to the ones he or she has filled out before. This comparison will allow you to monitor each group member’s progress.

The survey you filled out at the beginning of session is called the “Patient Health Questionnaire,” or PHQ-9 for short. You will fill out the PHQ-9 before Sessions 1 and 3 of each CBT module. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.
LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 14

Quick Mood Scale

Say: At least some of you may be continuing CBT from the last module. We’ll do a quick review of the module and the practice before we start a new topic.

Ask group members about how they did tracking their moods on their Quick Mood Scales. Make a graph based on one group member’s Quick Mood Scale.

1. Start the graph with the day of the week the group meets. If your group meets on a Wednesday, write “Wednesday” or “Wed” in the first space at the top of the graph.

2. Ask for a volunteer from the group to share the numbers on his or her Quick Mood Scale. Make a graph on the board like the example below. If the group member’s mood was a 6 on the first day, mark a dot at 6 below “Wed.”

3. When you are finished adding dots that represent the volunteer’s mood for each day, draw lines between the dots to show how mood can change up and down.

4. Possible follow-up questions: What did you notice about your mood during the past week? What kinds of interactions with people did you have on the day that your mood was the lowest? What kinds of interactions with people did you have on the day that your mood was the highest? Help group members to notice the connection between having more helpful interactions with people and improved mood.
**Making a Plan to Meet Somebody New**

5. Say: *Who would like to share their plan for meeting somebody new?*

Ask these follow-up questions, if you have time. *What steps were you able to take since last session? What steps do you plan to take next? What did you notice about the connection between taking those steps and your mood?*

**Last Module**

6. Say: *What do you remember from the last module that was helpful to you?* Review the key messages from the last module. You may not have time to review all of them, but review at least some of the key messages to reinforce what group members remember or found useful.

If you were part of the CBT group for the last module (“People Interactions 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. **Track your mood and your people interactions using the Quick Mood Scale.**

2. **Take a step to get to know somebody new.**

**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?

- What was less helpful?
Key messages from the last module include:

Session 1: Your People Interactions and Mood Are Connected

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.

Session 2: What Gets in the Way of Good Relationships?

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.
Session 3: Good Communication Is Key to Improving Your Relationships and Mood

- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.

Session 4: Using Your New Skills to Improve Your Relationships and Your Mood

- You can overcome the obstacles that get in the way of helpful people interactions.
- You have a right to express your thoughts and feelings.
- You can choose how you want to think and act with others to improve your relationships and your mood.
LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 17

1. Say: Have you noticed any connection between your mood and your use of drugs and alcohol? Let’s explore the idea of a connection. Think back. Can you remember a time when you were feeling down and you decided to use drugs or have a drink in order to feel better or stop the pain?

2. Give the group time to think. Read aloud question #1 and ask group members how they might answer it. Write their answers on the board and ask the group members to write their answers in the space in their workbooks. Go over the rest of the questions together.

3. Ask the question at the bottom of page 18: What do you notice about the connection between your thoughts and feelings, and your decision to use?

Group members should start to see that feeling depressed can lead to thoughts and feelings that make it more likely they will want to use.

Allow a few minutes for group discussion.

4. Point out the faces on page 19. Say: Sometimes it is hard to know what you are feeling, or to choose a word to describe your feeling. These faces are here to help you when you think about your feelings.
**Let’s find out how your mood affects your use of drugs or alcohol.**  
Can you remember a time when you…

- Felt down or depressed?  
  and then  
- Used drugs or alcohol, even though you were trying not to?

1. What was the situation?  (For example, when did you use, where were you, and who were you with?)

________________________________________________________________________
________________________________________________________________________

2. What kinds of **thoughts** were you having **before** you used?  (For example, “It’s useless to even try anymore.”)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
3. In addition to feeling sad, were there other feelings you were having before you used? (For example, were you feeling anxious, fearful, or angry?)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What do you notice about the connections between your thoughts and feelings, and your decision to use?
Examples of Feelings

AGGRESSIVE  AGONIZED  ANXIOUS  APOLOGETIC  ARROGANT  BASHFUL  BLISSFUL
BORED  CAUTIOUS  COLD  CONCENTRATING  CONFIDENT  CURIOUS  DEMURE
DETERMINED  DISAPPOINTED  DISAPPROVING  DISBELIEVING  DISGUSTING  DISTASTEFUL  EAVESDROPPING
ECSTATIC  ENRAGED  ENVIOUS  EXASPERATED  EXHAUSTED  FRIGHTENED  FRUSTRATED
GRIEVING  GUILTY  HAPPY  HORRIFIED  HOT  HUNGOVER  HURT
HYSTERICAL  INDIFFERENT  IDIOTIC  INNOCENT  INTERESTED  JEALOUS  JOYFUL
LOADED  LONELY  LOVestreuck  MEDITATIVE  MISCHIEVOUS  MISERABLE  NEGATIVE
OBSTINATE  OPTIMISTIC  PAINED  PARANOID  PERPLEXED  PRUDISH  PUZZLED
REGRETFUL  RELIEVED  SAD  SATISFIED  SHOCKED  SHEEPISH  SMUG
SURLY  SURPRISED  SUSPICIOUS  SYMPATHETIC  THOUGHTFUL  UNDECIDED  WITHDRAWN
How Does Using Drugs or Alcohol Affect Your Mood?

LEADER TIPS

Time: 15 minutes  
Group Member’s Workbook: Page 20

1. Say: OK, we just talked about what can happen when you are feeling down. You may be more likely to use drugs or alcohol. Now let’s look at this connection from the other side: how does using drugs or alcohol affect your mood?

2. Say: Think back to a time you used. How did you feel after you used?

Give the group time to think. Introduce question #1. Remind group members to look back at the faces if they need help describing their feelings. Write their answers on the board and ask the group to write their answer in the space in their workbooks. Go through the rest of the questions together.

3. Ask the question at the bottom of page 21: What do you notice about the connections between your decision to use and your thoughts and feelings? Group members should start to see that using drugs or alcohol is often eventually followed by feelings of sadness and other symptoms of depression. Lead a group discussion.

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

Recall a time when you used drugs or alcohol. Now think about how you felt after you used (when the high wore off).
1. What feelings did you have?

For example, did you feel:

☐ Sad?
☐ Uninterested in life?
☐ Irritable?
☐ Down on yourself?

Other feelings I had were:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
2. **What thoughts did you have?** Can you remember a specific thought? For example, “I will always be a drunk.”

- “I am worthless.”
- “Everything is my fault.”
- “I keep messing up.”

**Other thoughts I had were:**

___________________________________________

___________________________________________

___________________________________________

3. **Did you notice changes in:**

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

**Other changes I noticed were:**

___________________________________________

___________________________________________

___________________________________________

**What do you notice about the connections between your decision to use and your thoughts and feelings?**
Notice Your Thoughts

Your mind is almost always full of thoughts

Thoughts are sentences we say to ourselves. Thoughts can also be images or pictures in your mind. You may not always be aware of what you are thinking, but there are almost always thoughts running through your mind.

Take time out and try to notice your thoughts. Close your eyes. What do you hear yourself saying? Write some of your thoughts on the lines below.

_____________________________________________________

_____________________________________________________

_____________________________________________________
LEADER TIPS

Time: 5 minutes  
Group Member’s Workbook: Page 23

Review the key messages and ask group members if they have questions or comments. Help group members feel hopeful that CBT can help them get over their depression.

Key messages from this session are:

- Your mood can affect your decision on whether or not to use drugs or alcohol.

- Using drugs or alcohol can affect your mood.

- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.
LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 24

Say: I would like to talk about the importance of practicing the skills you learn in the group. Some of you may be thinking: “what do you mean by practice?” Practice means doing brief activities on your own outside of the group. Practicing will help you learn how to use CBT skills in your daily life, so you can continue to feel better even after the group ends.

You can think of the skills you learn here as tools to use in your everyday life to improve your mood. By trying out your new skills at home while you are still coming here, you can report back to the group and let us know what worked for you and what didn’t work. Then we can come up with ways to make them work better.

The Quick Mood Scale

1. Say: We would like you to keep track of your mood each day using the Quick Mood Scale. There is a copy of the Quick Mood Scale in your workbook at the end of every session. The Quick Mood Scale will help you recognize how you are feeling and how your thoughts and behaviors can help you with your mood and your recovery.

2. Direct group members to page 24 in their workbooks. The Quick Mood Scale runs from 1 to 9, with 1 indicating a worst mood and 9 indicating a best mood. Each day, you circle the number that indicates what your mood was that day.

3. Go over the instructions that are on the top of the Quick Mood Scale.
Track your mood using the Quick Mood Scale

Try to complete the Quick Mood Scale 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 each session, you will probably find that your mood improves also.

QUICK MOOD SCALE

Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Best mood</th>
<th></th>
<th></th>
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<th></th>
<th></th>
<th></th>
<th>OK/average mood</th>
<th></th>
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<th>Worst mood</th>
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LEADER TIPS

Time: 2 minutes
Group Member’s Workbook: Page 25

1. Encourage group members to comment on today’s session. When you plan later sessions, you can think about their comments and, as much as possible, tailor the treatment to the individuals in the group.

2. Ask one or two of the questions.

The group leader will ask for your comments about how the session went. He or she might ask the following questions.

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

LEADER TIPS

Time: 1 minute
Group Member’s Workbook: Page 25

1. The purpose of the preview is to encourage group members to return the next week by giving them a glimpse of the topic to be covered. Group members are welcome to read ahead in their workbooks.

2. Say: *The workbooks are yours to keep, but please bring them to each session.*

3. Say: *Change can happen.*
   - Even though you couldn’t see how to make changes in the past, you can still change in the future.
   - You have learned things about each other that show that who you are does not have to do only with substance abuse and depression.
   - Try to remind yourselves of who you are apart from your problems.

4. Say: *In this group, you will learn to change those things that you can change for the better and to cope with those parts of daily life that you cannot change.*

*In the next session, we will talk more about the connections among your thoughts, your mood, and substance abuse.*

*Congratulations for attending the group. Coming to group is a big step in improving your mood and supporting your recovery.*

The next session, Session 2 in “Substance Abuse and Your Mood,” will focus on how you can learn skills to manage your thoughts, and help both your mood and your recovery.
GROUP LEADER SELF-EVALUATION FORM: SUBSTANCE ABUSE, SESSION 1

Instructions
Taught/Done: Were you able to cover the material? If you didn’t do this in this session but you do it later, when it is done write in the date you covered it.

Difficult to Teach: How hard was it to teach this part of the session? If it was neither easy nor hard, you can write “medium.”

<table>
<thead>
<tr>
<th>Section</th>
<th>Taught/Done? (Yes/No)</th>
<th>How Difficult Was It to Lead This Part of the Session? (Easy/Hard)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
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<td>Purpose and Outline</td>
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<td>Group Rules</td>
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<td>Announcements</td>
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<td>Introductions</td>
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<td>What Is Depression?</td>
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<td>What Is Cognitive Behavioral Therapy?</td>
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<tr>
<td>How Does CBT Treat Depression?</td>
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<td>How Have You Been Feeling?</td>
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<td>Review</td>
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<td>Practice</td>
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<tr>
<td>Last Session</td>
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<tr>
<td>New Topic: Your Mood and Substance Abuse Are Connected</td>
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<td></td>
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<tr>
<td>How Does Your Mood Affect Your Use of Drugs or Alcohol?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How Does Using Drugs or Alcohol Affect Your Mood?</td>
<td></td>
<td></td>
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<tr>
<td>Notice Your Thoughts</td>
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<tr>
<td>Key Messages</td>
<td></td>
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<tr>
<td>Practice</td>
<td></td>
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<tr>
<td>Feedback</td>
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<tr>
<td>Looking Ahead</td>
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</tbody>
</table>
SESSION 2: THOUGHTS, MOOD, AND SUBSTANCE ABUSE

LEADER TIPS

Materials Needed

- **Group Member’s Workbooks** ("Substance Abuse and Your Mood")—a few copies to loan in case some group members forget to bring their workbooks.
- **Pens**—enough for everyone in the group
- **Dry erase board, chalkboard,** or large sheets of paper to present material to group
- **Index cards**—enough to give everyone in the group seven cards
- **Small binder clips**—enough to give one to every group member—so they can attach their index cards to their workbooks
- **Kleenex** or other facial tissue

Group Leaders’ Goals

- Welcome all group members.
- Reinforce the importance of outside practice.
- Introduce and reinforce the connections among thoughts, mood, and substance abuse.
- Help group members begin to see that it is possible to change the way they think.
**PURPOSE**

- Understand the connections among thoughts, mood, and substance abuse.
- Learn to notice your thoughts.
- Identify harmful thoughts that can lead to depression and substance abuse.
- Learn how to replace harmful thoughts with helpful thoughts to improve your mood and support your recovery.

**LEADER TIPS**

*Welcome Group Members*

As group members arrive, greet them by name. Ask them informally how their practice went.

*Purpose and Outline*

Group Member’s Workbook: Page 27

Introduce the Purpose and Outline.
OUTLINE

I. Announcements

II. Review

III. New Topic: Your Thoughts, Mood, and Substance Abuse Are Connected
   A. The Serenity Prayer
   B. Your Thoughts Have Power
   C. Harmful Thoughts Can Lead to Depression and Substance Abuse
   D. Helpful Thoughts Can Improve Your Mood and Support Your Recovery
   E. Replace Harmful Thoughts with Helpful Thoughts
   F. Catch It, Check It, Change It: Three Steps to Notice and Change Your Harmful Thoughts

IV. Key Messages

V. Practice

VI. Feedback

VII. 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?
LEADER TIPS

Time: 20 minutes
Group Member’s Workbook: Page 28

Quick Mood Scale

Ask group members about how they did tracking their moods on their Quick Mood Scales. Make a graph based on one group member’s Quick Mood Scale.

1. **Start the graph** with the day of the week the group meets. If your group meets on a Wednesday, write “Wednesday” or “Wed” in the first space at the top of the graph.

2. **Ask** for a volunteer from the group to share the numbers on his or her Quick Mood Scale. Make a graph on the board like the example below. If the group member’s mood was a 6 on the first day, mark a dot at 6 below “Wed.”

3. When you are finished adding dots that represent the volunteer’s mood for each day, draw lines between the dots to show how mood can change up and down.

4. **Possible follow-up questions:** What did you notice about your mood during the last week? Your mood was the lowest on [day]. What were your thoughts on that day? Your mood was higher on [day]. What thoughts were you having on that day? What do you notice about the connection between your thoughts and your mood?
5. **Note:** Depending on the size of the group, you may choose to chart the Quick Mood Scales of all group members or just one or two. Some group members will be eager to share each week, but don’t focus only on them. In the course of the four-session Substance Abuse module, encourage as many group members as possible to share their Quick Mood Scales—even those who are shyer and less vocal. For each member who shares, try to connect substance abuse and mood. The point is to teach how to apply the CBT skills to specific, real-life situations, but not necessarily to solve every difficult situation. (This would be an example of all-or-nothing thinking: “If CBT doesn’t solve all my problems, then it doesn’t work.”)

**Last Session**

1. It may be difficult for group members to remember what you talked about in the last session. Use this time to remind them of the key messages, and to help them understand how today’s lesson follows.

2. **Review** the key messages from last session.

3. **Say:** In the last session we talked about the connection between substance abuse and your mood. Today we will talk more about how your thoughts are connected to substance abuse and your mood.

**Practice**

Your practice after last session was to track your mood using the Quick Mood Scale.

How did your practice go?
Last Session

In the last session, we talked about two important ideas. First, when you are feeling depressed, you are more likely to use drugs or alcohol. And, when you use drugs or alcohol, you are more likely to feel depressed.

![Depression and Substance Abuse Diagram]

**Key messages** from the last session were:

- Your mood can affect your decision on whether or not to use drugs or alcohol.
- Using drugs or alcohol can affect your mood.
- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.
NEW TOPIC: YOUR THOUGHTS, MOOD, AND SUBSTANCE ABUSE ARE CONNECTED

LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 30

1. Ask group members if they are familiar with the serenity prayer. Mention that the word God in the serenity prayer can refer to any kind of higher power or moral value. Ask if any group member would like to recite it or read it aloud from the workbook.

2. Go over the text after the Serenity Prayer.

~ 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 (Cognitive Behavioral Therapy) 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 how you respond.

In this session, we will talk about the power of your thoughts and their important connection with depression and substance abuse. You can manage your thoughts to feel better and support your recovery.
Your Thoughts Have Power

LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 31

1. **Say:** Last session you took a moment to try to notice your thoughts. Was it difficult to pay attention to your thoughts?

2. **Say:** Remember that lots of thoughts pass through your mind each day. Thoughts are sentences we tell ourselves. Some are neutral, such as “I will wear my green shirt today.” Others may be more harmful or helpful. You can learn to pay attention to your thoughts and to manage them so they are helpful to you.

3. Go over the text.

“Harmful” and “helpful” thoughts

We will talk about “harmful” and “helpful” thoughts. These terms are just shortcuts—a thought is not really bad or good, harmful or helpful all by itself. Harmful and helpful refers to the consequences of your thoughts.

☁️ A thought that brings your mood down is harmful.

🌈 A thought that lifts your mood is helpful.

You can manage your thoughts to feel better and support your recovery

Harmful thoughts, feeling down, and substance abuse go together. On the other hand, helpful thoughts, feeling good, and staying clean also go together. With practice, you can learn how to notice your thoughts. And once you know how to notice your thoughts, you can also learn how to manage them. When you are feeling down or when you feel like using drugs or alcohol, you can change your thoughts to help yourself feel better and stay clean.
Harmful Thoughts Can Lead to Depression and Substance Abuse

LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 32

1. Say: First, we will focus on harmful thoughts – thoughts that bring your mood down. We are going to look at some common harmful thoughts and consider how you might feel if you had those thoughts.

2. Go over the introduction at the top of the page and the headings above the check boxes. Make sure the group understands the directions. Wait for group members to put a mark in one or both boxes next to the thoughts.

3. Say: Now, try to identify some of your own harmful thoughts and write them on the lines. Then check the boxes if the thought would bring your mood down or make you want to use.

4. Say: Who would like to share some of the thoughts you listed? What do you notice about how these thoughts could affect you?
**These are common harmful thoughts** because they can bring your mood down and/or make you want to use. **Mark the boxes** next to the thoughts that would affect your mood and/or your desire to use.

**This harmful thought would:**

<table>
<thead>
<tr>
<th>Bring my mood down</th>
<th>Make me want to use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

- I used last night so I might as well keep using.
- I failed at this again.
- It’s not even worth trying.
- I have wasted my life.
- I am a coward.
- I don’t have what it takes.
- I can’t imagine what my life will be like in ten years.
- I can’t have fun without getting high, so if I choose to stay drug-free, I will never have fun again.
- Things are just going to get worse.
- No matter how hard I try, people aren’t satisfied.
- They know I am a drug addict.
- If I have a relapse, all my hard work for sobriety was wasted.

**Notice that harmful thoughts can lead to depression or substance abuse or BOTH.**
Write down some harmful thoughts that you might have. Mark the boxes to show whether the thoughts affect your mood or your desire to use or both.

This harmful thought would:

<table>
<thead>
<tr>
<th>Bring my mood down</th>
<th>Make me want to use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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Frequent harmful thoughts can be a warning sign that you are depressed or more likely to use drugs or alcohol.
LEADER TIPS

Time: 20 minutes
Group Member’s Workbook: Page 34

1. **Say:** Next, we will focus on helpful thoughts – thoughts that improve your mood. We are going to look at some examples of helpful thoughts and consider how you might feel if you had those thoughts.

2. **Go over** the introduction at the top of the page and the headings above the check boxes. Make sure the group understands the directions. Wait for group members to put a mark in one or both boxes next to the thoughts.

3. **Say:** Now, try to identify some of your own helpful thoughts and write them on the lines. Then check the boxes if the thought would improve your mood or support your recovery.

4. **Say:** Who would like to share some of the thoughts you listed? What do you notice about how these thoughts could affect you?
These are common helpful thoughts because they can bring your mood up and/or support your recovery. **Mark the boxes** next to the thoughts that would affect your mood and/or your desire to use.

This helpful thought would:

<table>
<thead>
<tr>
<th>Bring my mood up</th>
<th>Support my recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I made a mistake last night, but today is a new day and I don’t have to keep using.</td>
</tr>
<tr>
<td></td>
<td>I felt really down last night, but I will feel better today.</td>
</tr>
<tr>
<td></td>
<td>I supported my family for years and there are still many things I can do for them.</td>
</tr>
<tr>
<td></td>
<td>Many people try several times before they quit drinking, and I will keep trying too.</td>
</tr>
<tr>
<td></td>
<td>Getting sober can be tough, but I will take things one day at a time and try my hardest.</td>
</tr>
<tr>
<td></td>
<td>My mistake cost me some time, but I can learn from it.</td>
</tr>
<tr>
<td></td>
<td>Even though some people are not trustworthy, many are.</td>
</tr>
</tbody>
</table>

Notice that a helpful thought that improves your mood can also help you stay off drugs or alcohol.
Write down some helpful thoughts that you might have. How would they affect your mood and your desire to use?

This helpful thought would:

<table>
<thead>
<tr>
<th>Bring my mood up</th>
<th>Support my recovery</th>
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</thead>
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</tbody>
</table>
Replace Harmful Thoughts with Helpful Thoughts

LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 36

1. Go over the introduction to the table.

2. Say: Look at the table called “Example of Replacement Thoughts.” The table includes some common harmful thoughts and then lists some helpful thoughts that you could use to replace the harmful thoughts. Take a look at the harmful thoughts on the left. Which of these thoughts have you had in the past? Review a harmful thought and then the sample replacement thought. Work with the group to come up with another replacement thought for that harmful thought. Do the same with other harmful thoughts from the table, as time permits.

One way to cope with a harmful thought is to focus your attention on more helpful thoughts. Helpful thoughts can be “replacement” thoughts for your harmful thoughts. The helpful thoughts will help you feel better and support your recovery.
### Examples of Replacement Thoughts

<table>
<thead>
<tr>
<th>Harmful Thoughts</th>
<th>Helpful Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once a drug user, always a drug user.</td>
<td>Just because I used drugs in the past doesn’t mean I can’t get clean now. Many other people have.</td>
</tr>
<tr>
<td>Once a drinker, always a drinker.</td>
<td>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.</td>
</tr>
<tr>
<td>I have wasted my life using drugs/alcohol.</td>
<td>Even though some time has been lost, now that I am sober I can still do things that are important to me.</td>
</tr>
<tr>
<td>Today was awful.</td>
<td>Some bad things happened, but tomorrow is another day.</td>
</tr>
<tr>
<td>I should have known better than to trust him.</td>
<td>I am learning that I need to move slowly before trusting others and wait to make sure they are trustworthy.</td>
</tr>
<tr>
<td>I was a terrible parent; my children saw me use drugs.</td>
<td>I made mistakes as a parent, but now I am working on staying clean and becoming a better parent to my kids.</td>
</tr>
<tr>
<td>I should support my family better.</td>
<td>I supported my family for years and there are still many things I can do for them.</td>
</tr>
<tr>
<td>Trying to stay sober is impossible.</td>
<td>Getting sober can be tough, but I will take things one day at a time and try my hardest.</td>
</tr>
<tr>
<td>Life is too hard to deal with without using drugs.</td>
<td>Sometimes it is hard to face all of life’s challenges, but I know that I can do it by taking one step at a time.</td>
</tr>
<tr>
<td>I never do anything right.</td>
<td>I have made mistakes but I have done many things right.</td>
</tr>
<tr>
<td>When I had that drink, I ruined my sobriety.</td>
<td>I slipped, but that doesn’t mean I will have a full-blown relapse. I am still proud of the time I was sober and of my efforts to stay sober now.</td>
</tr>
<tr>
<td>I’m nothing but a drunk.</td>
<td>I had trouble with alcohol, but I’m working to stay sober. And there are good parts of me not related to drinking.</td>
</tr>
</tbody>
</table>

Substance Abuse and Your Mood, Session 2
Catch It, Check It, Change It: Three Steps to Notice and Change Your Harmful Thoughts

LEADER TIPS

Time: 30 minutes
Group Member’s Workbook: Page 37

1. Say: The Catch It, Check It, Change It exercise helps us to practice identifying a harmful thought, questioning the thought, and then coming up with a replacement thought.

2. Introduce the text “Catch It, Check It, Change It.” Ask for questions as you discuss the material.


4. Catch It. Say: For “Catch It,” you are trying to catch the thought that made your mood go down. Sometimes it is easier to notice your feeling first. Think of a negative emotion or low mood as a stop sign to “catch” your thought. Think about a time in the last week when you noticed your mood get worse. What was the situation? What were your feelings? What were your thoughts?

Say: Let’s try it. Would anybody like to share something that has happened to you recently? (Work with the volunteer and fill in the first three columns. Then continue with the other columns.)

5. Check It. Say: Now, let’s “check” this thought. Is this thought helpful or harmful? Does it make you feel better or worse? Those of you who have had the Thoughts module know that you can examine the thought more closely. Is it accurate? Complete? Balanced?

First, is the thought accurate? “Accurate” means almost the same thing as “true.” Is the statement true?

Is the thought complete? Remember, a complete thought includes all the facts.

Is the thought balanced? If the thought is balanced, it isn’t too extreme. It is fair and reasonable.

6. Change It. Say: Now, let’s “change” this harmful thought to a more helpful thought. Can you think of a replacement thought for the harmful thought?

7. Next, ask group members to work through the exercise on their own. Walk around to help group members. Group members may have the most difficulty coming up with the replacement thoughts (the “Change It” column).

Say: You will have more opportunity to practice this strategy in the CBT Thoughts module.
Thoughts are so automatic that one of the trickiest parts of CBT is learning how to notice your own thoughts. But with practice, you can do it!

Three steps will help you notice your thoughts, examine them to see if they are helpful, and change them if they are not.

1. Catch it.
2. Check it.
3. Change it.

(The CBT module “Thoughts and Your Mood” talks more about how to manage your thoughts to feel good and support your recovery.)
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. 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

Ask yourself some questions about your thought. First, is the thought harmful or helpful? Does it make you feel worse or better?

Then examine the thought more closely. Is it accurate, complete, and balanced?
Is the thought:

- **Accurate (true)?** “I worked really hard to get off drugs and alcohol.”
- **Inaccurate (not true)?** “It’s just luck that I got clean.”

- **Complete (includes all the facts)?** “I had a slip after being sober for a month. But I give myself credit for the time I was clean and continue to work hard to maintain my recovery.”
- **Incomplete (leaves out some facts)?** “I used yesterday. I will never stay clean.”

- **Balanced (fair and reasonable)?** “Starting recovery is stressful, but that doesn’t mean I will start using again.”
- **Unbalanced (too extreme)?** “Nothing has worked out for me. I know I will start using again.”

If a thought is not accurate, complete, and balanced, it can bring your mood down and increase the chances that you will use drugs or alcohol. It is harmful to you because it has negative consequences.

### 3. Change It

How could you change your 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. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)

<table>
<thead>
<tr>
<th>What happened?</th>
<th>What were your feelings?</th>
<th>What was your thought?</th>
<th>Examine your thought. Is it helpful or harmful? Is it accurate, complete and balanced?</th>
<th>Replace the harmful thought with a helpful thought.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I had a fight with my partner.</td>
<td>Sad, angry.</td>
<td>My partner always gets his/her way.</td>
<td>Was there a time when I got what I needed? Maybe my thought isn't complete.</td>
<td>We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
<td>__________________</td>
<td>__________________</td>
<td>__________________</td>
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<td>__________________</td>
</tr>
</tbody>
</table>
LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 41
Review the key messages and ask group members if they have questions or comments.

Key messages from this session are:

- Thoughts are helpful or harmful based on how they make you feel.

- The harmful thoughts that lead you to feel depressed can make it more likely you will use.

- The helpful thoughts that help improve your mood may also help you with your recovery.

- You can learn to catch your harmful thoughts and replace them with helpful ones.
LEADER TIPS

Time: 10 minutes  
Group Member’s Workbook: Page 41

1. **Say:** For your practice we would like you to use the Quick Mood Scale again to keep track of your mood each day. Remember, the Quick Mood Scale runs from 1 to 9, with 1 indicating a worst mood and 9 indicating a best mood. Each day, you circle the number that indicates what your mood was that day. Notice that at the bottom of the Quick Mood Scale there is a place where you should circle “Yes” or “No” to indicate whether you were able to notice your harmful thoughts each day.

**Keep Track of Your Thinking Each Day**

2. **Say:** The first step in changing your thoughts and improving your mood is to identify those thoughts that are most powerful in terms of your own mood. Your other practice activity is to keep track of your thinking each day.

3. **Pass out** index cards, seven cards for each person, and one binder clip per person. **Read the directions (practice #2) aloud.** Then **say:** You also have room in your workbook to write your harmful and helpful thoughts each day. You may use the cards, or the workbook, or both. You can take a few minutes right now and put the plus signs and minus signs on your cards.

4. **Say:** Try not to write down things that are happening to you. Instead, write down what you are thinking that makes you feel better or worse. We expect that you will be able to identify 5–10 thoughts each day. Bring the cards with you for next session. You can use the clip to attach them to your workbook. Take a moment to write down one harmful and one helpful thought to get you started.

5. **Remind** the group that it is important that they do the practice activities. **Ask** the group members if they have any questions.
1. **Track your mood using the Quick Mood Scale.** Notice that at the bottom there is a place for you to mark “Yes” or “No” as to whether you were able to notice your harmful thoughts each day.

2. **Track your thoughts using index cards.**
Harmful thoughts may feel very powerful. As you begin to challenge your harmful thoughts, you might find that it is hard to think of a helpful replacement thought right at the time that the harmful thought occurs. One thing that might help is a handy list of helpful thoughts. You can simply pull out your list when you need to challenge a harmful thought. In this practice, you start to make your own list.

- 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.

<table>
<thead>
<tr>
<th>Thoughts, Day 1</th>
<th>Thoughts, Day 1</th>
<th>Flip the card over.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>(Write in the day of the week.)</td>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
<tr>
<td>Trying to stay sober is impossible.</td>
<td>Getting sober can be tough. But I will take things one day at a time and try my best.</td>
<td></td>
</tr>
</tbody>
</table>
QUICK MOOD SCALE

Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- At the bottom, circle “Yes” or “No” indicating how successful you were in noticing your harmful thoughts.

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Best mood</th>
<th>OK/average mood</th>
<th>Worst mood</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9 9 9 9 9 9 9</td>
<td>5 5 5 5 5 5 5</td>
<td>1 1 1 1 1 1 1</td>
</tr>
<tr>
<td></td>
<td>8 8 8 8 8 8 8</td>
<td>4 4 4 4 4 4 4</td>
<td>2 2 2 2 2 2 2</td>
</tr>
<tr>
<td></td>
<td>7 7 7 7 7 7 7</td>
<td>3 3 3 3 3 3 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 6 6 6 6 6 6</td>
<td>2 2 2 2 2 2 2</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Were you able to notice your harmful thoughts?</th>
<th>Yes</th>
<th>Yes</th>
<th>Yes</th>
<th>Yes</th>
<th>Yes</th>
<th>Yes</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Substance Abuse and Your Mood, Session 2
Thoughts, Day 1  —  

(Write in the day of the week.)

Thoughts, Day 1  +  

(Write in the day of the week.)

Thoughts, Day 2  —  

(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.)
<table>
<thead>
<tr>
<th>Thought, Day 5</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thought, Day 6</th>
<th>-</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thought, Day 6</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
</tbody>
</table>
Thoughts, Day 7 —

(Write in the day of the week.)

Thoughts, Day 7 +

(Write in the day of the week.)
The group leader will ask for your comments about how the session went. He or she might ask the following questions.

- What was helpful about today’s session?
- What was less helpful?
- What was difficult?
LEADER TIPS

Time: 1 minute
Group Member’s Workbook: Page 49
Say: In the next session, we will talk about the connections among your activities, your mood, and substance abuse.

Session 3 in “Substance Abuse and Your Mood” will focus on how you can learn to do helpful activities to improve your mood and support your recovery.
GROUP LEADER SELF-EVALUATION FORM:
SUBSTANCE ABUSE, SESSION 2

**Instructions**

Taught/Done: Were you able to cover the material? If you didn’t do this in this session but you do it later, when it is done write in the date you covered it.

Difficult to Teach: How hard was it to teach this part of the session? If it was neither easy nor hard, you can write “medium.”

<table>
<thead>
<tr>
<th>Section</th>
<th>Taught/Done? (Yes/No)</th>
<th>How Difficult Was It to Lead This Part of the Session? (Easy/Hard)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Purpose and Outline</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Announcements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Review</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last Session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Topic: Your Thoughts, Mood, and Substance Abuse Are Connected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Serenity Prayer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Your Thoughts Have Power</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harmful Thoughts Can Lead to Depression and Substance Abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helpful Thoughts Can Improve Your Mood and Support Your Recovery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Replace Harmful Thoughts with Helpful Thoughts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Catch It, Check It, Change It: Three Steps to Notice and Change Your Harmful Thoughts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Key Messages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feedback</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Looking Ahead</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LEADER TIPS

Materials Needed

- **Group Member’s Workbooks** ("Substance Abuse and Your Mood")—a few copies to loan in case some group members forget to bring their workbooks
- **Pens**—enough for everyone in the group
- **PHQ-9 depression measure**—enough copies for everyone in the group
- **Dry erase board, chalkboard**, or large sheets of paper to present material to group
- **Kleenex** or other facial tissue

Group Leaders’ Goals

- Introduce and reinforce the connections among activities, mood, and substance abuse.
- Help group members identify activities they could do.
- Help group members identify obstacles that get in the way of doing helpful activities.
- Discuss how to get past obstacles and get started doing activities.
- Help group members understand the importance of physical activity.
- Give group members ideas for how to improve their sleep.
LEADER TIPS

Welcome Group Members

- Greet group members by name. Ask them informally how their practice went.
- Pass out the PHQ-9 depression measure. Ask group members to fill it out, put their names on it, and return it to you. Remind group members that they filled out the same questionnaire in Session 1.
- Scan the questionnaires quickly as you collect them. Notice any major changes in the severity of group members’ depression symptoms, including thoughts of suicide. If a group member reports thoughts of suicide, follow the procedures that you have worked out with your supervisor in advance regarding how to handle these situations. Often this involves having one group leader meet privately with the client either during group or immediately following to further assess the client’s risk of suicide or “handing off” the client to another clinician who will conduct this assessment. Consult with your supervisor immediately in the case of a client who is suicidal.

Purpose and Outline

Group Member’s Workbook: Page 51

Introduce the Purpose and Outline.

PURPOSE

- Understand the connections among activities, mood, and substance abuse.
- Identify helpful activities that you could do. “Helpful” activities can improve your mood and do not involve drugs or alcohol.
- Learn how to overcome obstacles and do more helpful activities to improve your mood and support your recovery.
- Identify steps you can take to increase your physical activity and improve your sleep.
### OUTLINE

I. Announcements
II. How Have You Been Feeling?
III. Review
IV. New Topic: Your Activities, Mood, and Substance Abuse Are Connected
   A. Staying Active Helps You Feel Happier and Supports Your Recovery
   B. Harmful Activities to Avoid
   C. Helpful Activities You Could Do
   D. How to Get Going and Do Helpful Activities
   E. What Gets in the Way of Doing Helpful Activities?
   F. Physical Activity Improves Your Mood and Supports Your Recovery
   G. Tips to Improve Your Sleep
V. Key Messages
VI. Practice
VII. Feedback
VIII. Looking Ahead

### ANNOUNCEMENTS

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

Is there anything you would like to let the leader know about?
HOW HAVE YOU BEEN FEELING?

LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 53

1. Introduce the text in the Group Member’s Workbook.

2. After the session, compare each group member’s PHQ-9 measure to the ones he or she has filled out before. This comparison will allow you to monitor each group member’s progress.

The questionnaire you filled out at the beginning of Session 1 and again today is called the “Patient Health Questionnaire,” or PHQ-9 for short. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.
LEADER TIPS

Time: 10 minutes

Group Member’s Workbook: Page 54

Ask group members about how they did tracking their moods on their Quick Mood Scales. Make a graph based on one (volunteer) group member’s Quick Mood Scale.

1. Start the graph with whatever day of the week the group meets. If your group meets on a Wednesday, write “Wednesday” or “Wed” in the first space at the top of the graph.

2. Ask for a volunteer group member to share the numbers on his or her Quick Mood Scale. Based on those numbers, make a graph on the board like the example below. If the group member’s mood was a 6 on the first day, mark a dot at 6 below Wed. (Remember: #1 is the worst mood and #9 is the best mood.)

3. When you are finished adding dots that represent the volunteer’s mood for each day, draw lines between the dots to show how mood can change up and down.

4. Possible follow-up questions: What do notice about your mood during the last week? Your mood was the lowest on [day]. What were your thoughts on that day [integrate thoughts recorded on index cards or workbooks]? Your mood was higher on [day]. What thoughts were you having on that day? What do you notice about the connection between your thoughts and your mood? Integrate what group member recorded on their index card.

Keep Track of Your Thoughts Each Day

5. Review of thoughts tracking should be integrated into the review of the Quick Mood Scale. The questions below will allow you to check in with other group members that did not get their Quick Mood Scale up on the board. Ask and discuss: Was it difficult to keep track of your harmful and helpful thoughts each day? Who would like to share some harmful and helpful thoughts?

Last Session

6. Review last session’s key messages.
Practice

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

1. *Keep track of your moods on the Quick Mood Scale.*
2. *Track your thoughts using index cards or the “cards” included in your workbook.*

How did your practice go?

Last Session

**Key messages** from last session were:

- Thoughts are helpful or harmful based on how they make you feel.

- The harmful thoughts that lead you to feel depressed can make it more likely you will use.

- The helpful thoughts that help improve your mood may also help you with your recovery.

- You can learn to catch your harmful thoughts and replace them with helpful ones.
NEW TOPIC: YOUR ACTIVITIES, MOOD, AND SUBSTANCE ABUSE ARE CONNECTED

Staying Active Helps You Feel Happier and Supports Your Recovery

LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 55

1. Say: When you are depressed and in recovery, you may not feel like doing anything. In this session, we will:
   - Talk about the importance of activities.
   - Help you think of activities you might like to do.
   - Talk about getting around the obstacles that get in your way.

2. Go over the text. Ask the group if they have any comments.

3. Help group members understand that:
   - Their lack of interest in activities is a normal part of depression and recovery.
   - Doing helpful activities can help them feel better and make it less likely that they will drink or use drugs.
What you do affects the way you feel. When you are active and do things that are healthy 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.
- Takes up 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 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.
LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 56

1. Say: Helpful activities are things you can do that make you feel good and support your recovery. We will continue talking about helpful activities that you can do to improve your mood, but first we want to talk for a moment about harmful activities that you may want to avoid.

2. Introduce the ideas in the text.

3. Say: Let’s make a list of high-risk activities. What would a high-risk activity be for you? Write the group’s ideas on the board.

4. Ask group members to write their ideas on the lines at the bottom of the page.

5. Follow up with group members and ask them to share what they have written.

Spending time with a friend is usually a helpful activity. But what if your friend is still 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 use. For example, these activities might be high-risk 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.

Write your high-risk activities on the lines below.
Helpful Activities You Could Do

LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 57

1. Say: Next, we will talk about ideas for helpful activities that you might like to do to improve your mood.

2. Introduce the exercise. Then ask the group to read the list on their own and mark the boxes next to activities that they might enjoy. Answer any questions they might have.

3. Ask group members to share other ideas they have for activities they could do. Write their ideas on the board.

4. Make sure group members have filled in at least two ideas for activities they could do at the bottom of the page.
Helpful activities are activities that can improve your mood and that do not involve drugs or alcohol. There are many helpful activities that you could do. A few examples are listed below. **Put check marks in the boxes next to the activities you might enjoy.**

- Take care of animals
- Listen to the radio
- Eat a good meal
- Be outdoors
- Talk about sports
- Play cards or chess
- Learn something new
- Give a compliment
- Spend time with family
- Go to a garage sale
- Talk on the telephone
- Learn yoga or Tai Chi
- Sing a favorite song to yourself
- Go to AA meetings
- Do volunteer work
- Accept a compliment
- Have the oil changed in your car
- Talk with your sponsor
- Cook
- Do a crossword puzzle
- Take a long bath or shower
- Write stories or poetry
- Go to church
- Notice and enjoy a nice sunset
- Have peace and quiet
- Eat a piece of fresh fruit
- Work
- Do the laundry
- Use the chin-up bars at the park
- Read the newspaper or a magazine

**Write some other activities you would enjoy.**

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
How to Get Going and Do Helpful Activities

Now that you have some ideas about helpful activities you could do, you might still find it is hard to start doing them. **How can you get going?**

1. **Take one step at a time.** Take the first step, even if you don’t feel like it. Then take the second step. You might find that one step leads to another and that doing helpful activities gets easier.

2. **Make plans.** Think ahead about activities you could do and put them on your “calendar,” even if your calendar is in your head. When the day and time come to do the activity, don’t even think about it—just do it.
3. **Look for variety.** Remember, there are all kinds of activities. When you plan your day, choose a variety of activities. They can make your day more interesting!

4. **Keep in mind that to do activities you don’t have to have…**
   - Money
   - A lot of time or equipment
   - Other people

---

### Thursday’s Activities

- Eat breakfast
- Take shower and wash hair
- Brush teeth
- Write check for rent
- Work \( \frac{1}{2} \) day
- Meet brother for lunch
- Call sponsor
- Walk to park and

---

<table>
<thead>
<tr>
<th>What helpful activities could you do?</th>
<th>Write your ideas in the boxes below.</th>
</tr>
</thead>
<tbody>
<tr>
<td>For free or little money</td>
<td></td>
</tr>
<tr>
<td>(Example: Go to the library.)</td>
<td></td>
</tr>
<tr>
<td>Quickly and simply</td>
<td></td>
</tr>
<tr>
<td>(Example: Sing a song you like to yourself.)</td>
<td></td>
</tr>
<tr>
<td>Alone</td>
<td></td>
</tr>
<tr>
<td>(Example: Play the guitar.)</td>
<td></td>
</tr>
</tbody>
</table>
What Gets in the Way of Doing Helpful Activities?

LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 60

1. Say: What gets in the way of doing helpful activities? This table shows some examples of the obstacles you might face. Do any of these sound familiar?

2. Read the first obstacle on the list on the next page. Ask group members if it applies to them.

3. Read the solution to the first obstacle. Ask group members for their comments.

4. Choose two or three more obstacles and solutions to read aloud.

5. Say: Now we would like you to write your own obstacles and possible solutions in the table. Allow quiet time for group members to write.

6. Ask: Who would like to share what they wrote? Put the group’s responses on the board and lead a group discussion.

7. Say: Does anybody have anything else they would like to share before we move on?
**Why is it difficult** to do helpful activities? Some common obstacles are listed below. What could you do to get around the obstacles? **Write your own obstacles and possible solutions** at the bottom of the list.

<table>
<thead>
<tr>
<th>Obstacles</th>
<th>Possible solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have no sober friends.</td>
<td>• Attend a sober support group (for example, AA).</td>
</tr>
<tr>
<td></td>
<td>• Choose an activity you could do alone.</td>
</tr>
<tr>
<td>My family won’t talk to me.</td>
<td>• Write a letter to a family member expressing your wish to work things out.</td>
</tr>
<tr>
<td></td>
<td>• Begin building a new support group by attending AA, church/synagogue/mosque, a club, a lecture/class, etc.</td>
</tr>
<tr>
<td>I don’t have money.</td>
<td>• Do an activity that doesn’t cost money.</td>
</tr>
<tr>
<td></td>
<td>• Look in the newspaper for free activities.</td>
</tr>
<tr>
<td>I feel like I don’t deserve to have fun.</td>
<td>• Replace the harmful thought with helpful thought[s]:</td>
</tr>
<tr>
<td></td>
<td>• “A healthy life includes work and fun.”</td>
</tr>
<tr>
<td></td>
<td>• “I need to learn that I can stay sober and have fun. Otherwise it will be harder to stay sober.”</td>
</tr>
<tr>
<td>I have no car.</td>
<td>• Walk or ride the bus.</td>
</tr>
<tr>
<td></td>
<td>• Do activities close to home.</td>
</tr>
<tr>
<td>I’m too tired.</td>
<td>• Start with a simple activity that takes only one minute. For example, step outside and look at the sunset, sing a song you like to yourself, or plan to do something nice for someone you love.</td>
</tr>
</tbody>
</table>
LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 61

1. **Say:** We would like to talk about two important activities: being physically active and sleeping. Being physically active means doing any healthy activity that gets your body moving.

2. **Ask:** What kinds of physical activity are you doing now? Would you like to do more physical activity?

3. **Ask:** Why do you think it is important to be physically active? Lead a group discussion and write ideas on the board.

4. **Introduce** the first two lists in the text, especially those points that the group did not touch on.

5. **Go over** the guidelines for physical activity.

6. **Say:** Think about what step you can take in the next week to be more physically active. Write your idea in your workbook.

7. **Ask** group members to share what they wrote. Help them make plans that are specific (When? How often? Where? How much activity?). Try to anticipate obstacles and reduce barriers (e.g., Child care? Special equipment? Money? Depends on another person?).

8. **Remind** group members that if they have not been physically active recently, their muscles may be sore at first if they exercise strenuously. They should start easy and stay with it long enough for their muscles to get used to moving again. **Say:** Eventually, physical activity will be pleasurable, and you will miss it if you don’t keep moving. The goal is to get to that point.

**Physical Activity Improves Your Mood and Supports Your Recovery**
Being physically active is a fun and important activity. There is even some research showing that physical activity and exercise can improve depression.

Physical activity is good for your body. It can:

- Give you more energy.
- Help reduce the risk for certain types of cancer (colon cancer, for example).
- Reduce the risk of heart disease.
- Slow the aging process.
- Increase the level of the good (HDL) cholesterol.
- Help you sleep better.
- Make you sharper mentally.
- Help you keep a healthy weight.
- Improve muscle tone.

Physical activity also can help you:

- Feel better about your body.
- Feel better about yourself.
- Help you get rid of built-up stress and frustration.
- Have a sense of accomplishment.
- Stay away from drugs and alcohol.
- 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.
When you are depressed and in recovery, it may feel like it is difficult to be active. But give it a try and keep at it, and then see how you feel.

*Here are some guidelines for physical activity.*

- You can begin increasing your physical activity today! However, if you have a medical condition, check with your doctor before doing strenuous physical activity.

- 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.

- 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.
  - Using the stairs instead of riding the elevator.
  - Parking your car a little farther away from where you are going.
  - Getting off the bus two stops away from where you live.
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 the first day—or ever! Your first steps might look like this.

- Tuesday
  Put on your tennis shoes.
- Wednesday
  Do some gentle stretching.
- Thursday
  Walk to the end of the block.
- Friday
  Walk to the end of the block.
- Saturday
  Walk around the block.
- Sunday
  Walk around the block.
- Monday
  (Take a day off.)
- Tuesday
  Walk around the block.
- Wednesday
  Walk around the block twice.
- Thursday
  Walk around the block twice.

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

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Tips to Improve Your Sleep

LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 64

1. Say: Sleep is another important activity. Has anyone had concerns about their sleep? Get an idea of what kinds of sleep concerns the group members have.
2. Say: We’re going to give you some ideas for how to have the best sleep you can.
3. Go over the text. Stop and ask for comments.
4. After introducing the tips, ask: For those of you who have concerns about your sleep, are there things here that you would like to try?

Many people with depression and substance abuse 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 you stay healthy and feel better. It will support your recovery.

You can use CBT to improve your sleep.

- Thoughts that can make it harder to sleep: “It is already midnight and I will never get to sleep.”

  ↓ vs.

- Thoughts that make it easier to sleep: “Even if I am not sleeping, at least my mind and body can rest.”

These tips can help to improve your sleep. If you don’t have sleep problems now, keep these tips in mind in case you need them in the future.
To develop a consistent sleep pattern, try the first three tips. Eventually, you should feel drowsy at about the same time every night.

1. Do not go to bed until you are drowsy. If you find yourself lying awake, get up and go to another room for a few minutes until you feel drowsy. 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. Do not take naps.

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, because 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 for a comfortable room temperature.
- Place things over the window to darken the room.

If you can, ask others to do activities such as watching TV, talking on the telephone, or working on a computer in another room.

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

10. If you take 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.
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 an activity in the morning that you enjoy. You could:
   - Listen to music
   - Read the newspaper
   - Go outside in the air and light
   - 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.
LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 68
Review the key messages.

- Harmful activities can lead to depression and the use of drugs or alcohol.
- Doing helpful activities will help you feel better and support your recovery.
- Start slow, but steadily replace harmful activities with helpful activities.
- You can take steps to increase your physical activity and improve your sleep.
LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 69

Quick Mood Scale

1. **Say:** Keep track of your mood each day using the **Quick Mood Scale**. Also keep track of how many helpful activities you did each day.

Think of Four Activities You Could Do and Do at Least One of the Activities before Next Session

2. Group members should think of four activities they could do when they are feeling down.

   **Say:** Except for using drugs or alcohol, what do you do now when you are feeling down? What helpful activities help you feel better?

   Tell group members that these should be:
   - Easy activities
   - Activities that do not require a lot of time or money
   - Activities they already know about
   - Activities they like to do
   - Activities that help them feel better

   Some examples are: calling their sponsor, having lunch with a friend or relative, taking a hot bath, or going for a walk.

3. Group members should write their four activities on the lines.

4. Group members should choose one of the four activities and do it before the next CBT session.
1. **Track your mood using the Quick Mood Scale.** Count how many helpful activities you do each day and put the number at the bottom of the scale.

2. **Think of four activities you can do when you are feeling down.**
   - What helpful activities are easy for you to do and help you when you feel down?
   - Write the activities on the lines below.

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

3. **Pick at least one of the four activities to do before the next session.**
**QUICK MOOD SCALE**

**Instructions**

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember about how many helpful activities you did each day and write the number at the bottom of each column.

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Best mood</strong></td>
<td>9</td>
<td>9</td>
<td>9</td>
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<td>9</td>
<td>9</td>
<td>9</td>
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<td>6</td>
<td>6</td>
</tr>
<tr>
<td><strong>OK/average mood</strong></td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
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<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Worst mood</strong></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

How many helpful activities did you do each day?
The group leader will ask for your comments about how the session went. He or she might ask the following questions.

- What was helpful about today’s session?
- What was less helpful?
- What was difficult?
- What suggestions do you have to improve your therapy?
LEADER TIPS

Time: 2 minutes
Group Member’s Workbook: Page 71
1. Encourage group members to come to the next session.
2. Say: In the next session, we will talk about the connections among your interactions with other people, your mood, and substance abuse.
3. Congratulate group members for attending the group.

Session 4 in “Substance Abuse and Your Mood” will focus on how you can improve your interactions with other people to improve your mood and support your recovery.
GROUP LEADER SELF- EVALUATION FORM: SUBSTANCE ABUSE, SESSION 3

**Instructions**

Taught/Done: Were you able to cover the material? If you didn’t do this in this session but you do it later, when it is done write in the date you covered it.

Difficult to Teach: How hard was it to teach this part of the session? If it was neither easy nor hard, you can write “medium.”

<table>
<thead>
<tr>
<th>Section</th>
<th>Taught/Done? (Yes/No)</th>
<th>How Difficult Was It to Lead This Part of the Session? (Easy/Hard)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Purpose and Outline</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Announcements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How Have You Been Feeling?</td>
<td></td>
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<tr>
<td>Review</td>
<td></td>
<td></td>
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<tr>
<td>Practice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last Session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Topic: Your Activities, Mood, and Substance Abuse Are Connected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staying Active Helps You Feel Happier and Supports Your Recovery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harmful Activities to Avoid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helpful Activities You Could Do</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How to Get Going and Do Helpful Activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What Gets in the Way of Doing Helpful Activities?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Activity Improves Your Mood and Supports Your Recovery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tips to Improve Your Sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Key Messages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feedback</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Looking Ahead</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SESSION 4: INTERACTIONS WITH PEOPLE, MOOD, AND SUBSTANCE ABUSE

LEADER TIPS

Materials Needed

- **Group Member’s Workbooks** (“Substance Abuse and Your Mood”) — a few copies to loan in case some group members forget to bring their workbooks
- **Pens** — enough for everyone in the group
- **3” x 5” index cards** — enough so that each group member can have three
- **Laminating paper** — enough for each group member to laminate three index cards
- **Scissors** — 3-4 pair — enough for group members to share
- **Dry erase board, chalkboard**, or large sheets of paper to present material to group
- **Certificates of Achievement** for graduating group members
- **Kleenex** or other facial tissue

Group Leaders’ Goals

- Introduce the connections among people interactions, mood, and substance abuse.
- Help group members understand that if most of their interactions with people are with people who drink or use drugs, they may need to make new friends.
- Help group members identify helpful activities they could do to meet new people.
- Help group members learn how to start a conversation and how to build friendships slowly.
- Look at the things that get in the way of helpful interactions with people and find ways to get around them.
- Look back and review the Substance Abuse module.
Welcome Group Members

- Greet group members by name and ask them informally how their practice went.
- Remind group members that this is the last session of the module.

Purpose and Outline
Group Member’s Workbook: Page 73

Introduce the Purpose and Outline.

PURPOSE

- Understand that helpful interactions with people can help you feel happier and support your recovery.
- Identify ways to meet new people.
- Identify the obstacles that get in the way of having helpful interactions with people and learn how to manage them.
OUTLINE

I. Announcements

II. Review

III. New Topic: Your Interactions with People, Your Mood, and Substance Abuse Are Connected
   A. Interactions with People Help You Feel Happier and Support Your Recovery
   B. Meeting New People
   C. Who Would You Like to Get to Know Better?
   D. What Gets in the Way of Helpful Interactions with People?

IV. Key Messages

V. Practice

VI. Feedback

VII. Review of Module: Substance Abuse and Your Mood

VIII. Goodbye to Graduating Group Members

IX. Looking Ahead to the Next Module
ANNOUNCEMENTS

LEADER TIPS

Time: 2 minutes
Group Member’s Workbook: Page 74

1. If any members of your group will have completed all four modules at the end of this session, they will be “graduating” from CBT. Tell the group who these graduates are and say “congratulations.”

2. Say: At the end of this session, we will be talking more with these group members to find out how they are feeling and what their plans are for the future.

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

Is there anything you would like to let the leader know about?
LEADER TIPS

Time: 15 minutes
Group Member’s Workbook: Page 75

Quick Mood Scale

Ask group members about how they did tracking their moods on their Quick Mood Scales. Make a graph based on one group member’s Quick Mood Scale.

1. Start the graph with the day of the week the group meets. If your group meets on a Wednesday, write “Wednesday” or “Wed”” in the first space at the top of the graph.

2. Ask for a volunteer from the group to share the numbers on his or her Quick Mood Scale. Make a graph on the board like the example below. If the group member’s mood was a 6 on the first day, mark a dot at 6 below “Wed.”

3. When you are finished adding dots that represent the volunteer’s mood for each day, draw lines between the dots to show how mood can change up and down.

4. Possible follow-up questions: How many helpful activities did you do on the day your mood was the lowest? What about the day that you had the highest mood? What got in the way of doing more helpful activities?

Do One of the Four Activities You Thought of to do When You are Feeling Down

5. Ask: What are some of the activities you thought of? What activity did you do?
Your practice after last session was to:

1. **Track your mood using the Quick Mood Scale.**

2. **Think of four activities you can do when you are feeling down. Do one of the activities.**

How did your practice go?

**Last Session**

**LEADER TIPS**

Last Session

Time: 5 minutes
Group Member’s Workbook: Page 75

1. Review the key messages.

2. Say: Today we will be talking about how to have more helpful interactions with other people to improve your mood and support your recovery.

**Key messages** from the last session were:

- Harmful activities can lead to depression and the use of drugs or alcohol.
- Doing helpful activities will help you feel better and support your recovery.
- Start slow, but steadily replace harmful activities with helpful activities.
- You can take steps to increase your physical activity and improve your sleep.
NEW TOPIC: YOUR INTERACTIONS WITH PEOPLE, YOUR MOOD, AND SUBSTANCE ABUSE ARE CONNECTED

Interactions with People Help You Feel Happier and Support Your Recovery

LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 76

1. Say: Helpful interactions with people can help to improve your mood and support your recovery. We will do an exercise to help you understand how people interactions can help your mood.

2. Lead the group through the exercise at the top of the next page. Ask: would anybody like to share their feelings and thoughts? Lead a group discussion.

3. Say: The more time you spend alone, the worse you may feel, and the more you may want to be alone or to use drugs or alcohol. It is important to break the cycle.

4. Discuss the key points at the bottom of the page.
Close your eyes and think about a person with whom you shared a positive moment that did not involve using drugs or alcohol some time in the past.

1. Notice your mood. How does it feel to remember a nice time with another person?

____________________________________________________________________

____________________________________________________________________

2. What thoughts do you have as you remember this experience?

____________________________________________________________________

Helpful interactions with other people:

- Can help you feel good and make it less likely that you will use drugs or alcohol.
- Take your mind off your own problems.
- Provide you with company when you do activities.
- Allow you to share life’s nice moments with someone else.
- Give others a chance to listen to you and help you with your problems.
- Give you the chance to help and support others.
- Allow you to see how other people live and have fun without using drugs or alcohol.
Meeting New People

LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 77

1. Say: We know that when you are feeling down it is not easy to get out and meet new people. In this session, we will talk about how you can meet people, how you can get to know them, and how to overcome the obstacles that might get in the way.
2. Go over the first paragraph. Ask: How many of you think that you may need to meet some new people?
3. Go over the next paragraph and the list of points. Ask: Do you think that being around other people could improve your mood and support your recovery?
4. Read aloud the list of activities and ask group members to mark the boxes and fill in their own ideas for activities they might enjoy.

When you are in recovery from using drugs or alcohol, you may find that most of the people you know are involved with drugs or alcohol. If your old friends are still using, hanging out with them is high-risk for you. So, you may need to meet some new people.

A good way to start meeting new people is to do something that you like doing, and do it in the company of other people. When you do this:

- There is less pressure because you will be involved in an activity you enjoy.
- You might meet people who could keep you company doing activities you enjoy.
- Even if you don’t meet somebody you want for a good friend, you won’t feel like you wasted your time.
- You will see that sober people can have fun doing sober activities. And so can you!
Here are some activities you could do to be around people. Check the ones that sound good to you.

- Go rollerblading in the park.
- Go to a free outdoor music concert in the summer.
- Hear a speaker at the library tell about a recent trip to an exciting location.
- Attend a workshop at a bicycle shop and learn how to change a bike tire.
- Volunteer to help at a local charitable organization.
- Go on a nature hike sponsored at a local park.
- Watch (or play in) a pickup basketball game at the park.
- Go to an Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meeting.
- Go to a yard sale.
- Sit at an outside table at a coffee place.
- Go to a farmers’ market.
- Attend a community or religious event.

What are your ideas for activities you could do around other people? Write them here.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Substance Abuse and Your Mood, Session 4 112
Who Would You Like to Get to Know Better?

**LEADER TIPS**

**Time:** 20 minutes  
**Group Member's Workbook:** Page 79

1. **Say:** Now you know how important it is to make contact with other people. What if you wanted to make a new friend? Can you think of somebody you would like to get to know?  
The idea is to expand your social network, so think about how you could meet somebody new, or get to know an acquaintance better.

2. **Help** group members answer questions #1 and #2.

3. **Go over** the text in question #3. **Ask** group members to choose a partner with whom to do the practice. They should pretend that they are meeting someone they don’t know well, and have a conversation. After one person has a turn STARTING the conversation, the other should have a turn.

4. When the group is finished, ask them:
   - How difficult was it to start a conversation?
   - How did you feel?
   - What did you learn?
   - Could you do the same thing with someone you don’t know well?

Another way to have more contact with others is to start making plans to get to know people in your community.

1. **Identify three new people** 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. Why do you want to know them better? For example, do you think you might have common interests? Does the person have a nice smile?

_______________________________________________________

_______________________________________________________

_______________________________________________________

3. Practice having a conversation.

Choose a partner from the CBT group and pretend that you are starting a conversation with one of the people you would like to get to know. How could you begin? Here are some ideas.

- Hi. I don’t think we’ve met. I’m ________________________ [tell the person your name]. What’s your name?
- Did you enjoy the sermon?
- Are you ready for the summer weather?
- I had a question about last week’s practice. Will you help me?
- Can I bring you anything from the snack table?
- I’m so happy—I really wanted a drink last night but I didn’t have one.
- I like your shirt. Where did you get it?
- Our kids seem to really like playing together. Have you been to the park with the great jungle gym?

Switch roles so that both you and your partner have a turn practicing.
What Gets in the Way of Helpful Interactions with People?

LEADER TIPS

Time: 10 minutes
Group Member’s Workbook: Page 81

1. Say: We know that when you are depressed and working on your recovery, it is hard to maintain helpful interactions with people. What else gets in the way?
2. Lead the group through the text and the exercise on the next page.

Your depression might lead you to feel like avoiding other people and spending time only by yourself. Then you are likely to feel more depressed, more alone, and more like using drugs or alcohol.

Or

When you use drugs or alcohol, you may have contact mostly with other people who use. This lack of helpful 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 obstacles are listed below. What could you do to get around the obstacles? Write your own obstacles and possible solutions at the bottom of the list.

<table>
<thead>
<tr>
<th>Obstacles</th>
<th>Possible solutions</th>
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</thead>
<tbody>
<tr>
<td>I have no sober friends.</td>
<td>• Begin to make new friends.</td>
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<tr>
<td></td>
<td>• Attend a sober support group (e.g., AA).</td>
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<tr>
<td></td>
<td>• Choose an activity you can do alone but with other people around.</td>
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<tr>
<td>I am feeling irritable.</td>
<td>• Remember: Feeling irritable is a symptom of your depression and recovery.</td>
</tr>
<tr>
<td></td>
<td>• Interactions with people will help you feel better.</td>
</tr>
<tr>
<td></td>
<td>• Go to your sober support group (e.g., AA).</td>
</tr>
<tr>
<td>I don't know how to meet new people.</td>
<td>• Start by doing activities you enjoy, but where other people will be around.</td>
</tr>
<tr>
<td>I think that sober people won't understand me.</td>
<td>• Replace the harmful thought with a helpful thought. For example:</td>
</tr>
<tr>
<td></td>
<td>&quot;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.&quot;</td>
</tr>
<tr>
<td>I don't trust people.</td>
<td>• Take it slow and learn who you can trust.</td>
</tr>
<tr>
<td>I'm afraid of being criticized.</td>
<td>• Understand that you probably feel more sensitive because you are depressed and in recovery.</td>
</tr>
<tr>
<td></td>
<td>• As you meet new people, look for new friends who are honest with you but supportive.</td>
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<tr>
<td>I had a really bad experience with somebody.</td>
<td>• Know that relationships don’t always work out.</td>
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<tr>
<td></td>
<td>• Let the new relationship grow slowly while you and the new person get to know each other.</td>
</tr>
<tr>
<td>I'm afraid people won't like me.</td>
<td>• Think a helpful thought: &quot;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.&quot;</td>
</tr>
</tbody>
</table>
**LEADER TIPS**

Time: 5 minutes  
Group Member’s Workbook: Page 83  
**Review** the key messages and **ask** group members if they have questions or comments.

- Helpful interactions with others can have a positive effect on your mood and your recovery.
- If most of your friends are involved with drugs or alcohol, you may have to make new friends.
- You can meet new people by doing activities you enjoy in the company of other people.
- It is possible to problem-solve around the obstacles that get in the way of meeting and being with people.
LEADER TIPS

Time: 5 minutes
Group Member’s Workbook: Page 83

Quick Mood Scale

1. **Say:** Keep track of your mood each day using the Quick Mood Scale. Also keep track of how many helpful interactions with people you had each day. If you are finished with CBT, you can continue to use the Quick Mood Scale to help you keep track of your progress and know if you are becoming depressed again.

Take a Step to Get to Know Somebody New

2. **Go over** the instructions (#2 below) for completing this part of the practice. **Ask** group members if they have any questions.

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1. **Track your mood using the Quick Mood Scale.**

2. **Take a step to get to know somebody new.**

- Earlier in this session, you identified three people you would like to get to know better. Choose one of the people and write the person’s name below. If you don’t know the person’s name, write a description such as: “The friendly woman at church.”
• Take the first steps to get to know this person. How will you approach him or her? Will you see the person or make a telephone call? What will you say? Write your plan down below.

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

Example:

I probably will see this person next Sunday at church. During the social hour, I will introduce myself. I will ask the person whether he/she liked the sermon (or the music). I will offer to get us something from the refreshment table. At the end of our conversation, I will say “It was nice meeting you. I’ll see you next Sunday.”
**QUICK MOOD SCALE**

**Instructions**

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember how many positive interactions with people you have each day. Write the number at the bottom of each column.

<table>
<thead>
<tr>
<th>Day of the Week</th>
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</thead>
<tbody>
<tr>
<td>Best mood</td>
<td>9</td>
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<tr>
<td>OK/average mood</td>
<td>5</td>
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<tr>
<td>Worst mood</td>
<td>2</td>
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<td>2</td>
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<tr>
<td>How many helpful people interactions did you have?</td>
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</tbody>
</table>
LEADER TIPS

Time: 2 minutes
Group Member’s Workbook: Page 86
Encourage group members to comment on today’s session and the Substance Abuse module.

The group leader will ask for your comments about how this session and the Substance Abuse module went. He or she might ask the following questions:

- What did you learn that was most helpful in terms of improving your mood? For supporting your recovery?
- What was less helpful?
- What was difficult?
Over the past four sessions, we have been focusing on the connections among mood, thoughts, activities, interactions with people, and substance abuse.

The key messages from “Substance Abuse and Your Mood” were:

**Session 1: Depression and Substance Abuse**

- Your mood can affect your decision on whether or not to use drugs or alcohol.
- Using drugs or alcohol can affect your mood.
- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.
Session 2: Thoughts, Mood, and Substance Abuse

- Thoughts are helpful or harmful based on how they make you feel.
- The harmful thoughts that lead you to feel depressed can make it more likely you will use.
- The helpful thoughts that help improve your mood may also help you with your recovery.
- You can learn to catch your harmful thoughts and replace them with helpful ones.

Session 3: Activities, Mood, and Substance Abuse

- Harmful activities can lead to depression and the use of drugs or alcohol.
- Doing helpful activities will help you feel better and support your recovery.
- Start slow, but steadily replace harmful activities with helpful activities.
- You can take steps to increase your physical activity and improve your sleep.

Session 4: Interactions with People, Mood, and Substance Abuse

- Helpful interactions with others can have a positive effect on your mood and your recovery.
- If most of your friends are involved with drugs or alcohol, you may have to make new friends.
- You can meet new people by doing activities you enjoy in the company of other people.
- It is possible to problem solve around the obstacles that get in the way of meeting and being with people.
Coping Cards Can Help You Feel Better and Support Your Recovery

**LEADER TIPS**

**Time:** 25 minutes  
**Group Member’s Workbook:** Page 88

1. This activity provides a review of the module and a take-home tool to support group members’ ongoing practice.

2. **Pass out** index cards so that each person has three.

3. **Go over** the instructions in #1 below. Help group members complete the coping cards by writing down helpful thoughts.

4. **Go over** the instructions in #2 below. Help group members complete the coping cards by writing down helpful activities.

5. **Go over** the instructions in #3 below. Help group members complete the coping cards by writing down the names of helpful people they could reach out to.

6. **Ask** group members if they have any comments or questions.

7. **Say:** Feel free to stay a few minutes after this session and laminate your cards. We have laminating paper and all the other supplies you will need. (After the session, help group members laminate their cards using the laminating paper.)

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Use three index cards to give yourself quick ideas to improve your mood. Write on your coping cards the following:

1. **Helpful thoughts you can say to yourself.** On the first card, write as many helpful thoughts as you can think of. When you are feeling down, say these thoughts to yourself to improve your mood. For example:

   - I am an honest person.
   - I always try my hardest.
   - I have been a good parent.
   - People know they can trust me.
   - I really like the fact that I care about other people.
2. **Helpful activities** you can do. On the second card, write down a few helpful activities that can improve your mood. Try to think of activities that have improved your mood in the past and that have few obstacles. If you would like, you can look back at the lists of activities in Session 3.

3. **Helpful people** you can reach out to. On the third card, write down the names of a few people you can talk to when you are feeling down. Who can you count on to listen? A family member? Best friend? A sponsor?

Keep your coping cards someplace where you can find them easily—maybe in your purse or wallet, or by your bed.

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

Time: 20 minutes
Group Member’s Workbook: Page 89

Leader goals:

- Reinforce the work the group members have done and the changes they have made.
- Help the group members develop a specific plan for what they will do if they become depressed again. Focus on what they can try on their own, but remind them that it is ok to seek treatment again.

1. It is important to talk with group members who have completed all the CBT modules and who will be leaving the group. If nobody in your group is graduating, skip this section.

2. Say: As you know, some members of the group have finished CBT and will be leaving the group. Our graduates are ____________ (say their names).

3. Look at the graduates and say: How do you feel about leaving? Give them a few minutes to respond.

4. Discuss the questions listed.

5. Say: Would other group member like to share what they have noticed about changes these group members have made or what you appreciated about having them in group?

6. Say something specific to each group member who is leaving. (Think about what you want to say ahead of time.) Be direct about the group member’s contribution to the group and the changes you have seen the group member make.

7. Present certificates of achievement to the graduating group members. (You can photocopy the sample certificate from the group leader’s introduction. See the section called “Supplies You Will Need.”)
If you have completed all four modules in CBT, you are now a CBT graduate.

CONGRATULATIONS!

Since you are leaving the group, you might want to talk about some of the following:

1. What have you learned that you think will help you feel better?
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 using?

If you still feel depressed, tell your group leader, and he or she will help you get further treatment.
LEADER TIPS

Time: 1 minute
Group Member’s Workbook: Page 90

Just as you did at the end of the first session, congratulate group members for attending the group.

Say: This is the last session in this module, “Substance Abuse and Your Mood.” If you are continuing with CBT, the next module will be “Thoughts and Your Mood.” You will learn more about how to manage your thoughts to help you feel better and support your recovery.

The next module focuses on the relationship between your thoughts and your mood.
GROUP LEADER SELF- EVALUATION FORM: SUBSTANCE ABUSE, SESSION 4

Instructions

Taught/Done: Were you able to cover the material? If you didn’t do this in this session but you do it later, when it is done write in the date you covered it.

Difficult to Teach: How hard was it to teach this part of the session? If it was neither easy nor hard, you can write “medium.”

<table>
<thead>
<tr>
<th>Section</th>
<th>Taught/Done? (Yes/No)</th>
<th>How Difficult Was It to Lead This Part of the Session? (Easy/Hard)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
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<tr>
<td>Purpose and Outline</td>
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<tr>
<td>Announcements</td>
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<td>Review</td>
<td></td>
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<tr>
<td>Practice</td>
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<tr>
<td>Last Session</td>
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<tr>
<td>New Topic: Your Interactions with People, Your Mood, and Substance Abuse Are Connected</td>
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<tr>
<td>Interactions with People Help You Feel Happier and Support Your Recovery</td>
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<tr>
<td>Meeting New People</td>
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<tr>
<td>Who Would You Like to Know Better?</td>
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<tr>
<td>What Gets in the Way of Helpful Interactions with People?</td>
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<tr>
<td>Key Messages</td>
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<tr>
<td>Practice</td>
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<td>Feedback</td>
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<tr>
<td>Review of Module</td>
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<tr>
<td>Goodbye to Graduating Group Members</td>
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<tr>
<td>Looking Ahead</td>
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</table>
RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND SUBSTANCE ABUSE

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.

Coping with Depression (videotape)
Author: Mary Ellen Copeland

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.

Mind Over Mood: Change How You Feel by Changing the Way You Think
Authors: Dennis Greenberger and Christine A. Padesky.