The RAND Corporation is a nonprofit institution that helps improve policy and decisionmaking through research and analysis.

This electronic document was made available from www.rand.org as a public service of the RAND Corporation.

Skip all front matter: Jump to Page 1

Support RAND
- Purchase this document
- Browse Reports & Bookstore
- Make a charitable contribution

For More Information
- Visit RAND at www.rand.org
- Explore RAND Health
- View document details

Limited Electronic Distribution Rights
This document and trademark(s) contained herein are protected by law as indicated in a notice appearing later in this work. This electronic representation of RAND intellectual property is provided for non-commercial use only. Unauthorized posting of RAND electronic documents to a non-RAND website is prohibited. RAND electronic documents are protected under copyright law. Permission is required from RAND to reproduce, or reuse in another form, any of our research documents for commercial use. For information on reprint and linking permissions, please see RAND Permissions.
This product is part of the RAND Corporation technical report series. Reports may include research findings on a specific topic that is limited in scope; present discussions of the methodology employed in research; provide literature reviews, survey instruments, modeling exercises, guidelines for practitioners and research professionals, and supporting documentation; or deliver preliminary findings. All RAND reports undergo rigorous peer review to ensure that they meet high standards for research quality and objectivity.
GROUP MEMBER’S WORKBOOK

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

BRIGHT
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.

The RAND Corporation is a nonprofit institution that helps improve policy and decisionmaking through research and analysis. RAND’s publications do not necessarily reflect the opinions of its research clients and sponsors.

RAND® is a registered trademark.

© Copyright 2000 Muñoz, Ghosh Ippen, Rao, Le, and Dwyer

Permission is given to duplicate this document for personal use only, as long as it is unaltered and complete. Copies may not be duplicated for commercial purposes. Unauthorized posting of RAND documents to a non-RAND website is prohibited. RAND documents are protected under copyright law. For information on reprint and linking permissions, please visit the RAND permissions page (http://www.rand.org/publications/permissions.html).

Published 2011 by the RAND Corporation
1776 Main Street, P.O. Box 2138, Santa Monica, CA 90407-2138
1200 South Hayes Street, Arlington, VA 22202-5050
4570 Fifth Avenue, Suite 600, Pittsburgh, PA 15213-2665
RAND URL: http://www.rand.org

To order RAND documents or to obtain additional information, contact
Distribution Services: Telephone: (310) 451-7002;
Fax: (310) 451-6915; Email: order@rand.org
This is your book to keep. Feel free to write in it.

This workbook belongs to:

_____________________________________________________________
(Name)

_____________________________________________________________
(Date)
# TABLE OF CONTENTS

## SESSION 1: DEPRESSION AND SUBSTANCE ABUSE

- PURPOSE ................................................................. 1
- OUTLINE ............................................................... 2
- GROUP RULES ....................................................... 3
- ANNOUNCEMENTS .................................................. 4
- INTRODUCTIONS .................................................... 5
- WHAT IS DEPRESSION? .......................................... 6
- WHAT IS COGNITIVE BEHAVIORAL THERAPY? ........ 8
- HOW DOES CBT TREAT DEPRESSION? .................... 12
- HOW HAVE YOU BEEN FEELING? ......................... 14
- REVIEW .................................................................... 14
  - PRACTICE ........................................................... 14
  - LAST MODULE ..................................................... 15
- NEW TOPIC: YOUR MOOD AND SUBSTANCE ABUSE ARE CONNECTED .............................................. 17
  - HOW DOES YOUR MOOD AFFECT YOUR USE OF DRUGS OR ALCOHOL? ............................................................. 17
  - HOW DOES USING DRUGS OR ALCOHOL AFFECT YOUR MOOD? .. 20
  - NOTICE YOUR THOUGHTS ...................................... 22
- KEY MESSAGES ..................................................... 23
- PRACTICE .............................................................. 24
- FEEDBACK ............................................................. 25
- LOOKING AHEAD ................................................... 25

## SESSION 2: THOUGHTS, MOOD, AND SUBSTANCE ABUSE

- PURPOSE .................................................................... 27
- OUTLINE ............................................................... 27
NEW TOPIC: YOUR THOUGHTS, MOOD, AND SUBSTANCE ABUSE ARE CONNECTED
~ THE SERENITY PRAYER ~
YOUR THOUGHTS HAVE POWER
HARMFUL THOUGHTS CAN LEAD TO DEPRESSION AND SUBSTANCE ABUSE
HELPFUL THOUGHTS CAN IMPROVE YOUR MOOD AND SUPPORT YOUR RECOVERY
REPLACE HARMFUL THOUGHTS WITH HELPFUL THOUGHTS
CATCH IT, CHECK IT, CHANGE IT: THREE STEPS TO NOTICE AND CHANGE YOUR HARMFUL THOUGHTS

KEY MESSAGES
PRACTICE
FEEDBACK
LOOKING AHEAD

SESSION 3: ACTIVITIES, MOOD, AND SUBSTANCE ABUSE
PURPOSE
OUTLINE
ANNOUNCEMENTS
HOW HAVE YOU BEEN FEELING?
REVIEW
PRACTICE
LAST SESSION

NEW TOPIC: YOUR ACTIVITIES, MOOD, AND SUBSTANCE ABUSE ARE CONNECTED
STAYING ACTIVE HELPS YOU FEEL HAPPIER AND SUPPORTS YOUR RECOVERY
HARMFUL ACTIVITIES TO AVOID
HELPFUL ACTIVITIES YOU COULD DO
HOW TO GET GOING AND DO HELPFUL ACTIVITIES
RESOURCES FOR GROUP MEMBERS ........................................................... 91

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND
SUBSTANCE ABUSE.................................................................................. 91

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND
SUBSTANCE ABUSE.................................................................................. 92
SESSION 1: DEPRESSION AND SUBSTANCE ABUSE

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

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.

ANNOUNCEMENTS

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

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

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?

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?

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?**

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.

The CBT Circle

**UPSETTING EVENT**
*For example, you lose your job.*

**THOUGHTS**

“I’m useless now that I don’t work.”

**BEHAVIOR**

You stay in bed all day.

Activities you do alone

Interactions with other people

You spend time with your old drinking friends.

**MOOD**

**ALCOHOL/DRUG USE AND RECOVERY**

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?

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.

REVIEW

Practice

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.
NEW TOPIC: YOUR MOOD AND SUBSTANCE ABUSE ARE CONNECTED

How Does Your Mood Affect Your Use of Drugs or Alcohol?

*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       LOVESTRUCK       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?

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:**

_______________________________________________________

_______________________________________________________

_______________________________________________________

_______________________________________________________

Substance Abuse and Your Mood, Session 1
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 our selves. 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.

_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
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.
PRACTICE

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>OK/average mood</th>
<th>Worst mood</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9 9 9 9 9 9 9 9</td>
<td>5 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 8</td>
<td>4 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 7</td>
<td>3 3 3 3 3 3 3 3</td>
<td>1 1 1 1 1 1 1</td>
</tr>
<tr>
<td></td>
<td>6 6 6 6 6 6 6 6</td>
<td>2 2 2 2 2 2 2 2</td>
<td>1 1 1 1 1 1 1</td>
</tr>
</tbody>
</table>
FEEDBACK

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

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.
SESSION 2: THOUGHTS, MOOD, AND SUBSTANCE ABUSE

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.

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?

**REVIEW**

**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.

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

~ 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

“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

*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>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
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>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Frequent harmful thoughts can be a warning sign that you are depressed or more likely to use drugs or alcohol.
Helpful Thoughts Can Improve Your Mood and Support Your Recovery

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></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

________________________________________

________________________________________
Replace Harmful Thoughts with Helpful Thoughts

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>
Catch It, Check It, Change It: Three Steps to Notice and Change Your Harmful Thoughts

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>
</tbody>
</table>
**KEY MESSAGES**

**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.

**PRACTICE**

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></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
<tr>
<td>Trying to stay sober is impossible.</td>
<td></td>
</tr>
</tbody>
</table>

| Flip the card over. |

<table>
<thead>
<tr>
<th>Thoughts, Day 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
<tr>
<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></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>OK/average mood</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Worst mood</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></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>

<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>
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.)
Thoughts, Day 5  

(Write in the day of the week.)

Thoughts, Day 6  

(Write in the day of the week.)

Thoughts, Day 6  

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

(Write in the day of the week.)

Thoughts, Day 7  

(Write in the day of the week.)
FEEDBACK

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?

LOOKING AHEAD

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.
SESSION 3: ACTIVITIES, MOOD, AND SUBSTANCE ABUSE

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?

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.
REVIEW

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

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.
Harmful Activities to Avoid

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

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 ½ 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><strong>For free or little money</strong></td>
<td>(Example: Go to the library.)</td>
</tr>
<tr>
<td><strong>Quickly and simply</strong></td>
<td>(Example: Sing a song you like to yourself.)</td>
</tr>
<tr>
<td><strong>Alone</strong></td>
<td>(Example: Play the guitar.)</td>
</tr>
</tbody>
</table>
What Gets in the Way of Doing Helpful Activities?

*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>
</table>
| I have no sober friends.               | - Attend a sober support group (for example, AA).  
- Choose an activity you could do alone. |
| My family won’t talk to me.            | - Write a letter to a family member expressing your wish to work things out.  
- Begin building a new support group by attending AA, church/synagogue/mosque, a club, a lecture/class, etc. |
| I don’t have money.                    | - Do an activity that doesn’t cost money.  
- Look in the newspaper for free activities. |
| I feel like I don’t deserve to have fun.| - Replace the harmful thought with helpful thought[s]:  
  - “A healthy life includes work and fun.”  
  - “I need to learn that I can stay sober *and* have fun. Otherwise it will be harder to stay sober.” |
| I have no car.                         | - Walk or ride the bus.  
- Do activities close to home. |
| I’m too tired.                         | - 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. |
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.

  
<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put on your tennis shoes.</td>
<td>Do some gentle stretching.</td>
<td>Walk to the end of the block.</td>
<td>Walk to the end of the block.</td>
<td>Walk around the block.</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>Walk around the block.</td>
<td>(Take a day off.)</td>
<td>Walk around the block.</td>
<td>Walk around the block twice.</td>
<td>Walk around the block twice.</td>
</tr>
</tbody>
</table>

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

  __________________________

  __________________________

  __________________________

  __________________________
Tips to Improve Your Sleep

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.
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.
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>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<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>
</tr>
<tr>
<td></td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Worst mood</strong></td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>How many helpful activities did you do each day?</strong></td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
</tbody>
</table>
Feedback

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?

Looking Ahead

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.
SESSION 4: INTERACTIONS WITH PEOPLE, MOOD, AND SUBSTANCE ABUSE

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

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

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

Practice

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

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

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

*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.

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Who Would You Like to Get to Know Better?

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?

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

---

Substance Abuse and Your Mood, Session 4
**KEY MESSAGES**

- 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.

**PRACTICE**

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>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>OK/average mood</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Worst mood</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 people interactions did you have?
FEEDBACK

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?

REVIEW OF MODULE: SUBSTANCE ABUSE AND YOUR MOOD

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

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.
GOODBYE TO GRADUATING GROUP MEMBERS

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.
LOOKING AHEAD

The next module focuses on the relationship between your thoughts and your mood.
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.