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GROUP MEMBER’S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

An Integrated Group Cognitive Behavioral Therapy for Co-Occurring Depression and Alcohol and Drug Use Problems

Activities, Alcohol/Drug Use, and Your Mood
This is your book to keep. Feel free to write in it.

This workbook belongs to:

_____________________________________________________________
(Name)

_______________________________________________________
(Date)
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SESSION 1: HELPFUL ACTIVITIES CAN IMPROVE YOUR MOOD AND SUPPORT YOUR RECOVERY

PURPOSE

- Learn about this group, depression, and alcohol/drug use problems.
- Learn that there are connections among activities, depression, and cravings. (A “craving” is the desire to drink or use.)

OUTLINE

Welcome
How Have You Been Feeling?
Group Rules
Announcements
Introductions
What Is Depression?
What Are Alcohol/Drug Use Problems?
What Is Cognitive Behavioral Therapy (CBT)?
Review
New Topic: Helpful Activities Can Improve Your Mood and Support Your Recovery
  How Do Depression and Drinking/Using Get in the Way of Doing Helpful Activities?
  What Helpful Activities Could You Do Before the Next Session?
Key Messages
Practice
Feedback
Looking Ahead
HOW HAVE YOU BEEN FEELING?

You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.
GROUP RULES

1. *Come to every group meeting.* Important and useful new ideas will be discussed at each group session. The sessions will give you new tools that you can use to help your recovery from depression and alcohol/drug use. This is why it’s so important to come to each group meeting. If you can’t make it, call us at this number:

(__________) __________-__________________ (Contact number)

2. *Come to group meetings on time.*

3. *Do not come to group under the influence of alcohol or drugs.* For the benefit of the group, you will be asked to leave the session if you are under the influence.
4. **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.

5. **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.

You may find that other group members have had experiences similar to yours, but feel differently about them. That’s OK—it is important to respect each person’s opinion.
6. **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.

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

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

9. **Tell us if you are unhappy with the group or your treatment.**
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 leaders know about?
INTRODUCTIONS

Group Leaders

Your group leaders are:

____________________________________(_______)_______________
(Name)      (Contact number)

____________________________________(_______)_______________
(Name)      (Contact number)

In an emergency (for example, if you are having thoughts of hurting yourself), call 911.

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 and drinking/using later in the session. 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?

What is depression like for you?

Feel free to write notes to yourself anywhere in your workbook. In some places, there is extra space for your notes.

Depression is:

- More than a passing sadness or bad mood.
- A period of feeling very sad that lasts a long time and that makes it hard to do daily activities.
- Possible at any point in your life.
- A 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.
What was happening in your life when you most recently got depressed?

Possible Triggers for Depression

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

Did you know? Depression Is Common

- 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.
- Depression is the #1 cause of disability in the United States. (“Disability” is the inability to carry out daily living activities.)

Source: *Controlling Your Drinking* by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by the Guilford Press, 2005.
WHAT ARE ALCOHOL/DRUG USE PROBLEMS?

*Common problems of alcohol/drug use:*

- Conflicts with other people, including family members.
- Problems at work or school, or difficulty keeping a job.
- Financial problems.
- Physical symptoms or health problems, or existing health problems becoming worse.
- A tolerance for the alcohol or drugs so that you require more to get the same “high.”
- Not being able to stop on your own.
- Withdrawal symptoms (such as shakiness, feeling sick to your stomach, headaches, or fatigue) when you don’t use that are relieved when you use again.
- Memory problems.
- Legal problems (such as an arrest for driving under the influence—DUI; arrest for possession or use of illegal drugs; or not meeting your financial obligations).
What would your life look like if you stopped drinking/using and your mood improved? Write your ideas below.

_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

Many Americans Don’t Drink

34% of men and 44% of women in the United States do not drink alcohol.

Source: Controlling Your Drinking by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by The Guilford Press, 2005.
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 and who have problems with alcohol/drug use. Depression and alcohol/drug use problems often go together, so it makes sense to treat them together.

CBT teaches skills to help you change your thoughts and behaviors to improve the way you feel and support your recovery. This approach does not mean that your thoughts and behaviors caused your depression and alcohol/substance use in the first place.

**CBT can help you “manage” your depression and your recovery. “Managing” means to:**

- Make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
- Learn ways to prevent getting depressed again and to stay free of alcohol/drugs, despite real-life problems.

Learn what thoughts, feelings, activities, and people interactions make it more likely you will get depressed or use. They are your “triggers.”

**What does the name “Cognitive Behavioral Therapy” mean?**

**Cognitive** refers to **your thoughts**.

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

One way to think of CBT is that it teaches healthy ways to manage your depression and your recovery. Managing your depression and your recovery means to make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
CBT helps you break the destructive cycle of depression and manage your cravings by teaching you that for each of these factors—thoughts, activities, and people interactions—there is a part that you can manage and change. Also, because they are connected, changes in one area can affect the other areas.

_This CBT treatment program is organized into 18 sessions._

- **Thoughts** module = 6 sessions
- **Activities** module = 6 sessions
- **People** module = 6 sessions

Total CBT = 18 sessions
CBT 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
- Changing what you do to respond.

In this module, we will talk about the power of your activities and their important connection with depression and alcohol/drug use. You can do helpful activities to feel better and support your recovery.

The goal of CBT is to help you get closer to what you imagine your life would be like without depression and without drinking/using. The group will focus on practical strategies to improve things right now, and will teach you skills that you can continue to use even after the group ends.
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 and supporting your recovery?
- What was difficult?

![Diagram showing the relationship between depression, alcohol/drug use, and harmful thoughts.]
Key take-home messages from “Thoughts, Alcohol/Drug Use, and Your Mood” are:

1. You can **catch**, or notice your thoughts.

2. You can **check**, or examine your thoughts to see if they help you or harm you. A helpful thought is healthy for you—it makes you feel good and supports your recovery.

3. You can **change** the harmful thoughts that get in the way of your good mood and recovery, and choose helpful thoughts instead.
Practice

If you were part of the CBT group for the last module ("Thoughts, Alcohol/Drug Use, 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. Keep using Catch It, Check It, Change It to notice, examine, and change your harmful thoughts.

2. Use your coping card. Where will you keep it? How will you remember to use it when you are feeling down or having cravings?

3. Track your mood and coping using the Daily Check In. Try to count how many harmful and helpful thoughts you have each day and write in the numbers at the bottom of the scale.
NEW TOPIC: HELPFUL ACTIVITIES CAN IMPROVE YOUR MOOD AND SUPPORT YOUR RECOVERY

What you do affects the way you feel. Things that you do are called activities. When you are active and do things that are helpful 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.
- Makes good use of 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 and/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.
- Can help you become healthier emotionally.
- And (if this is relevant for you) can also help you become healthier spiritually because you will do things that fit with your spiritual beliefs and values.
How Do Depression and Drinking/Using Get in the Way of Doing Helpful Activities?

**Helpful activities** are things you can do that make you feel good and support your recovery. **Harmful activities** are things that bring your mood down and make it more likely that you will drink or use. When people are depressed, it’s common for them to feel uninterested in lots of activities, even ones that used to be fun or pleasurable to them.
The thoughts below might get in the way of doing activities. Put a check mark next to any that sound familiar to you and add your own if you want to.

- I don’t really feel like doing anything today. Maybe I will feel like it tomorrow.
- Nothing sounds that enjoyable to me.
- I don’t remember what I did for fun when I was sober.
- I can’t enjoy myself without a drink.
- All I want to do is sleep.
- If it takes so much effort, how can it be fun?
- I don’t have the energy to take a shower or get dressed.
- I don’t deserve to have fun because of all the problems my drinking/using has caused for me and other people in my life.
- I have to do all my work before I do anything else.
- I need to focus on getting better, so there’s no time for fun.
- Doing fun stuff is just a distraction. It isn’t going to change anything and it makes it hard to think about my real problems.

For you, how else do depression and drinking/using get in the way of doing helpful activities?
What Helpful Activities Could You Do Before the Next Session?

What activities did you enjoy before you became depressed, and before you started using drugs/alcohol?

*Write down one activity that you enjoy now or that you used to enjoy.* Choose something you could do before the next session.
Key messages from this session include:

- What you do can affect how you feel.
- It is common for people who are depressed and who use alcohol/drugs to lose interest in doing helpful activities.
- Doing helpful activities can improve your mood, create helpful thoughts, and decrease cravings. And when you feel better, you will feel more like doing helpful activities.

What do you want to remember about this session? Write your own key messages here.
This treatment will be successful for you if you learn skills for managing your mood and other coping skills you could use during challenges to your recovery. You will need to practice, just as you would if you were learning to play the piano or a new sport. If you don’t practice the skills, you won’t learn them. Also, by trying out new skills between sessions, you can report back to the group and let us know what worked for you and what didn’t work.

Each session’s practice will consist of one or more short activities that everybody in the group will try. This session’s practice is:

1. Do one or more helpful activities.

What activity will you do?

2. Track your mood and coping using the Daily Check In. The Daily Check In and instructions for how to use it are on the next page. The scale provides a “quick” way for you to keep track of your moods and how well you coped with challenges to your recovery.

Try to complete the Daily Check In at the same time each day—for example, before you go to sleep each night. Keep this workbook someplace where it will be easy for you to remember to complete the Daily Check In (for example, right next to your bed). As the treatment progresses and as you practice the skills you learn in each session, you will probably find that your mood improves and that you can cope with challenges to your recovery more easily.
**DAILY CHECK IN**

**Instructions**

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. 

<table>
<thead>
<tr>
<th>Mood</th>
<th>Lowest mood ever</th>
<th>Noticeably worse mood</th>
<th>Ok/average mood</th>
<th>Noticeably better mood</th>
<th>Best mood ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>9 9 9 9 9 9 9 9 9</td>
<td>8 8 8 8 8 8 8 8 8 8</td>
<td>7 7 7 7 7 7 7 7 7 7</td>
<td>6 6 6 6 6 6 6 6 6 6</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>7 7 7 7 7 7 7 7 7 7</td>
<td>6 6 6 6 6 6 6 6 6 6</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
<td>4 4 4 4 4 4 4 4 4 4</td>
<td>3 3 3 3 3 3 3 3 3 3</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>6 6 6 6 6 6 6 6 6 6</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
<td>4 4 4 4 4 4 4 4 4 4</td>
<td>3 3 3 3 3 3 3 3 3 3</td>
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<tr>
<td>Noticeably worse mood</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
<td>4 4 4 4 4 4 4 4 4 4</td>
<td>3 3 3 3 3 3 3 3 3 3</td>
<td>2 2 2 2 2 2 2 2 2 2</td>
<td>1 1 1 1 1 1 1 1 1 1</td>
</tr>
</tbody>
</table>

Write in the day of the week.

<table>
<thead>
<tr>
<th>Mood</th>
<th>1 3 5 7 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>1 1 1 1 1</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>1 1 1 1 1</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>1 1 1 1 1</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>1 1 1 1 1</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>1 1 1 1 1</td>
</tr>
</tbody>
</table>

2. 

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>Coped the worst ever</th>
<th>Coped noticeably worse than usual</th>
<th>Coped OK</th>
<th>Coped noticeably better than usual</th>
<th>Coped the best ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
<td>9 9 9 9 9 9 9 9 9 9</td>
<td>8 8 8 8 8 8 8 8 8 8</td>
<td>7 7 7 7 7 7 7 7 7 7</td>
<td>6 6 6 6 6 6 6 6 6 6</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>7 7 7 7 7 7 7 7 7 7</td>
<td>6 6 6 6 6 6 6 6 6 6</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
<td>4 4 4 4 4 4 4 4 4 4</td>
<td>3 3 3 3 3 3 3 3 3 3</td>
</tr>
<tr>
<td>Coped OK</td>
<td>6 6 6 6 6 6 6 6 6 6</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
<td>4 4 4 4 4 4 4 4 4 4</td>
<td>3 3 3 3 3 3 3 3 3 3</td>
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</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>5 5 5 5 5 5 5 5 5 5</td>
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<td>3 3 3 3 3 3 3 3 3 3</td>
<td>2 2 2 2 2 2 2 2 2 2</td>
<td>1 1 1 1 1 1 1 1 1 1</td>
</tr>
</tbody>
</table>

Write in the day of the week.
**Daily Check In**

**Instructions**
- Keep the scale beside your bed. Be sure to rate your moods throughout the day.
- Circle a number on each scale. This will help you track how you feel each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

<table>
<thead>
<tr>
<th>I noticed</th>
<th>Noticeably worse mood</th>
<th>Ok/average mood</th>
<th>Noticeably better mood</th>
<th>Best mood ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>mood ever</td>
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<td></td>
</tr>
</tbody>
</table>

1. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Mood</th>
<th>W</th>
<th>Th</th>
<th>Fr</th>
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<th>Su</th>
<th>M</th>
<th>Tu</th>
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<tbody>
<tr>
<td>Boot mood ever</td>
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<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Noticeably better mood</td>
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<td>8</td>
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<td>8</td>
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<tr>
<td>Ok/average mood</td>
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<tr>
<td>Noticeably worse mood</td>
<td>6</td>
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<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

2. **Coped the worst ever**

<table>
<thead>
<tr>
<th>Coped noticeably worse than usual</th>
<th>Coped OK</th>
<th>Coped noticeably better than usual</th>
<th>Coped the best ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>Th</td>
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<tr>
<td>Coped the worst ever</td>
<td>9</td>
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<td>Coped noticeably worse than usual</td>
<td>7</td>
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<tr>
<td>Coped OK</td>
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<td>6</td>
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<tr>
<td>Coped noticeably better than usual</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Coped the best ever</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

Activities, Alcohol/Drug Use, and Your Mood, Session 1 25
FEEDBACK

• What was helpful about today’s session?
• What was less helpful?
• What was difficult about today’s session?
• What suggestions do you have to improve your treatment?
• If you are continuing CBT from a previous module, how have you made changes since beginning the group?

LOOKING AHEAD

In the Session 2, we will talk about how to choose helpful activities and avoid harmful activities.
SESSION 2: HOW TO CHOOSE HELPFUL ACTIVITIES AND AVOID HARMFUL ACTIVITIES

PURPOSE

- Get ideas for helpful activities to try.
- Identify harmful activities to avoid.
- Make a commitment to doing a new helpful activity.

OUTLINE

Announcements
Review
New Topic: How to Choose Helpful Activities and Avoid Harmful Activities
  Noticing Your Activities: Catch It, Check It, Change It
  Harmful Activities to Avoid
  How to Get Ideas for Helpful Activities
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

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

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

REVIEW

Last Session

*Key messages from last session are:*

- What you do can affect how you feel.

- It is common for people who are depressed and who use alcohol/drugs to lose interest in doing helpful activities.

- Doing helpful activities can improve your mood, create helpful thoughts, and decrease cravings. And when you feel better, you will feel more like doing helpful activities.
Today we will talk about how to choose helpful activities and avoid harmful activities. You will get some more ideas for helpful activities you might enjoy.

Practice

In Session 1, we talked about some practice activities. How did your practice go?

1. **Do one or more helpful activities.**

2. **Track your mood and coping using the Daily Check In.**
NEW TOPIC: ACTIVITIES CAN BE HARMFUL OR HELPFUL

Noticing Your Activities: Catch It, Check It, Change It

CBT teaches you how to manage your activities to improve your mood and support your recovery. Let’s look at an approach called “Catch It, Check It, Change It.”
1. **Catch It**

The first step is to notice—or “catch”—what activities you do. If you find that your feelings are easier to “catch” or notice than your activities, you can use your feelings as a signal to stop and focus on what you are doing. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself: “What activity was I doing at the time?” Do you find it difficult to recognize your feelings? The examples of feelings on page 32 might help you recognize your feelings.

2. **Check It**

Examine your activity more closely. Is the activity harmful or helpful? What is the evidence that the activity helps your recovery? What is the evidence that the activity does not support your recovery?

3. **Change It**

If you decide an activity is harmful, how could you change it? What helpful activity could replace your harmful activity?

**Note:** When you use Catch It, Check It, Change It, you might notice your good feelings too and decide that whatever activity you were doing at the time your mood was good was supporting your recovery. Don’t feel like you have to “Change It” if an activity is helpful! Instead, you can say to yourself: *This activity is good for me. It makes me feel good and supports my recovery. I will keep doing it.*
Examples of Feelings and Ways of Being

Do the pictures help you remember how you feel sometimes?

[Image of various emojis representing different emotions]
**Catch It, Check It, Change It**

Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)

<table>
<thead>
<tr>
<th>What were your feelings?</th>
<th>What activity were you doing?</th>
<th>Examine the activity. What evidence do you have that the activity was harmful or helpful?</th>
<th>If an activity is harmful, replace it with a helpful activity.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angry, ashamed, irritable</td>
<td>I was alone and I slept until noon.</td>
<td>I missed my AA meeting and felt bad the whole day.</td>
<td>I could plan a helpful activity to do in the morning and set my alarm so I get out of bed.</td>
</tr>
<tr>
<td>Upset, hurt, sad</td>
<td>I had a fight with my partner and didn’t talk to him or anyone else the entire day.</td>
<td>I stayed in my room alone all day, which made me more sad and upset.</td>
<td>I could talk with my partner about the fight, or talk to a friend if I need more support.</td>
</tr>
</tbody>
</table>
Harmful Activities to Avoid

We all choose every day how to spend our time. We choose what activities to do.

Spending time with a friend is usually a helpful activity. But what if your friend is still drinking or 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 drink/use. For example, these activities might be risky 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.

Think about the last time you were depressed or drank/used. What activities might make you feel bad or make you feel like drinking or using?
## My List of Risky Activities

<table>
<thead>
<tr>
<th>Risky activities for depression</th>
<th>Risky activities for drinking/using</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
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<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

...of Risky Activities!
How to Get Ideas for Helpful Activities

When it’s hard to think of helpful activities to do, remember that there are all types of activities. For example...

*It is good to have activities you can do alone.* It is important to have time alone to think your own thoughts and enjoy your own company.

*It is also good to have activities you can do with other people.* Other people may increase your motivation to do the activity. Doing fun stuff together helps people enjoy each other more, and can build and improve relationships.

*Although some helpful activities cost money, there are many that are free.* Helpful activities can also be short and simple, such as singing a song, looking out the window, and taking deep, relaxing breaths.

*Helpful activities can also be planned and enjoyed over a longer amount of time,* such as learning something new, painting a fence, and getting physically fit.
Helpful Activities: What Could You Do?

<table>
<thead>
<tr>
<th>Alone</th>
<th>With others</th>
<th>Free</th>
<th>Cost money</th>
<th>Quick/simple</th>
<th>Over time</th>
</tr>
</thead>
</table>

Balancing your helpful activities is important. It may be useful to think about helpful activities in four general categories: self-care, fun, learning, and meaningful.

Self-care activities are the things you do to take care of yourself and the business of your life. Fun activities are simple, helpful things you do that bring you pleasure.

Self-care activities
(examples: taking a bath, going to an AA meeting, paying bills)

1. 
2. 
3. 
4.

Fun activities
(examples: going to a movie with a friend, walking, listening to music, bird watching)

1. 
2. 
3. 
4.
Learning activities give you a sense of accomplishment or of having learned to do something well.

Meaningful activities fit with your values, boost your helpful self image, and bring purpose to your life.

Learning activities
(examples: learning how to use a computer, starting an exercise program, reading a book or newspaper, practicing the CBT skills)

1.  
2.  
3.  
4.  

Meaningful activities
(examples: being a good listener to family members or friends, helping my children with their homework, working, letting somebody else go first in line, volunteering)

1.  
2.  
3.  
4.  

All of these activities together make life rewarding and give you something to look forward to each day.

“I will do one or more of these activities before the next session.”

______________________________
Your Signature
**A List of Helpful Activities**

Here are some ideas of helpful activities that you could do. Don’t forget: a helpful activity can be as simple as smelling a flower.

1. Wear clothes you like
2. Listen to the radio
3. Watch people
4. Look at clouds
5. Eat a good meal
6. Help a neighbor mow the lawn
7. Care for a houseplant
8. Show an interest in what others say
9. Notice good things that happen
10. Give a compliment or praise someone
11. Talk about sports or current events
12. See beautiful scenery
13. Take a walk
14. Make a new friend
15. Go to a movie or play
16. Go to a museum
17. Play cards or chess
18. Watch a sunset
19. Do artwork or crafts
20. Learn something new
21. Collect things
22. Join a club
23. Read something inspiring
24. Volunteer at the animal shelter
25. Go to a garage sale
26. Help someone
27. Rearrange your room or house
28. Talk on the telephone
29. Volunteer
30. Accept a compliment
31. Read books, magazines, or poetry
32. Daydream
33. Brush your teeth
34. Cook a good meal
35. Do crossword puzzles
36. Take a long bath or shower
37. Talk about old times
38. Write stories or poetry
39. Spend time with friends
40. Sing
41. Go to church
42. Read the newspaper
43. Go to a meeting or a lecture
44. Exercise
45. Solve a personal problem
46. Listen to music
47. Do outdoor work
48. Get a haircut or your hair done
49. Pray
50. Sit in the sun
51. Have peace and quiet
52. Go to a park, fair, or zoo
53. Write letters
54. Listen to birds sing
55. Go to the library
56. Keep a clean house
57. Plant flower seeds
58. Spend play time with family/children
59. Eat a piece of fresh fruit
60. Do your laundry
61. Shine your shoes
62. Recycle
63. Practice playing an instrument
64. Take a class
65. Improve your math or reading skills
66. Have the oil changed in your car
67. Learn yoga or Tai Chi

**Add your own ideas for helpful activities.**

68. ______________________________
69. ______________________________
70. ______________________________
71. ______________________________
**Key Messages**

*Key messages from this session include:*

- Activities can be short and simple.
- Avoid risky activities and replace them with helpful activities.
- Try to find balance in the kinds of helpful activities that you do.

What do you want to remember about this module?  
**Write your own key messages here.**
1. **Do one or more new activities.** They can be activities that:
   - You do alone
   - You do with other people
   - That are free or low cost
   - That are quick and simple

They can be any of the four types of activities:
   - Self-care
   - Fun
   - Learning
   - Meaningful

**Hint:** You don’t have to feel like doing something to start doing it. Do the activity anyway.

**Before next session, I will** ________________________________
______________________________

______________________________

______________________________
2. **Write down your activities each day.**

- Use one separate card for each day (using either the separate index cards or the “cards” printed in your manual).

- Write the day of the week on the cards. For example, if you start tracking your activities 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 harmful activities that you do that day. Mark the other side of the card with a plus sign (+) and write 4–5 helpful activities that you do on the same day.

- Bring your cards with you to the next session.

3. **Track your mood and coping using the Daily Check In.** Notice that at the bottom there is a place for you to keep track of how many helpful activities you do each day.
Example

Activities, Day 1  —  

Thursday

(Write in the day of the week.)

Ate cookies and coffee for breakfast.
Skipped AA meeting.
Went to Tony’s house.
Watched TV until 1:00 am.

Flip the card over

Activities, Day 1  +  

Thursday

(Write in the day of the week.)

Talked to brother on the phone.
Opened the window for some fresh air.
Ate an apple.
Mailed rent check.

Sample
### DAILY CHECK IN

**Instructions**  
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

#### 1.

<table>
<thead>
<tr>
<th>Mood</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

#### 2.

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Coped OK</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Coped the best ever</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

#### 3.

<table>
<thead>
<tr>
<th>Write in the day of the week.</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of helpful activities</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Activities, Alcohol/Drug Use, and Your Mood, Session 2
Activities, Day 1

(Write in the day of the week.)

Activities, Day 1

(Write in the day of the week.)

Activities, Day 2

(Write in the day of the week.)
<table>
<thead>
<tr>
<th>Activities, Day 2</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(Write in the day of the week.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activities, Day 3</th>
<th>-</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(Write in the day of the week.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activities, Day 3</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(Write in the day of the week.)</td>
</tr>
</tbody>
</table>
Activities, Day 4  

(Write in the day of the week.)

Activities, Day 4  

(Write in the day of the week.)

Activities, Day 5  

(Write in the day of the week.)
Activities, Day 5

(Write in the day of the week.)

Activities, Day 6

(Write in the day of the week.)

Activities, Day 6

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

(Write in the day of the week.)

Activities, Day 7

(Write in the day of the week.)
FEEDBACK

- What was difficult about today’s session?

- What did you learn that was most helpful in terms of improving your mood?

- What suggestions do you have to improve your treatment?

LOOKING AHEAD

Session 3 in “Activities, Alcohol/Drug Use, and Your Mood” is about how to plan your time so that each day is made up of helpful activities.
SESSION 3: HELPFUL ACTIVITIES FOR A HEALTHY LIFE

PURPOSE

- Understand that small efforts to do helpful activities add up to make a healthier, happier life.
- Learn how to plan your time so that you are doing helpful activities instead of risky or harmful activities.
- Understand the importance of physical activity to improve mood and manage cravings.

OUTLINE

Announcements
How Have You Been Feeling?
Review
New Topic: Helpful Activities for a Healthy Life
  - Filling Your Day with Helpful Activities
  - Daily Physical Activity Improves Your Mood and Supports Your Recovery
  - Getting Started: Doing Activities Even When You Don’t Feel Like It
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

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

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

HOW HAVE YOU BEEN FEELING?

You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.
**REVIEW**

### Last Session

*Last session’s key messages were:*

- Activities can be short and simple.
- Avoid risky activities and replace them with helpful activities.
- Try to find balance in the kinds of helpful activities that you do.

### Practice

1. **Do one or more new activities.**
2. **Write down your activities each day.**
3. **Track your mood and coping using the Daily Check In.**
NEW TOPIC: HELPFUL ACTIVITIES FOR A HEALTHY LIFE

Filling Your Day with Helpful Activities

Learning how to plan your time will help you do helpful activities and avoid risky activities that can bring your mood down or increase your cravings. A calendar will help you plan your time.

Practice planning your time. Pretend that you are planning tomorrow, the day after this group session. Write times for:

- Getting up in the morning
- AA, NA, etc. (if you have a meeting that day)
- Appointments, such as doctor appointments
- School or work
- Other activities (if you are having trouble thinking of other activities to do, you can look back at the different kinds of activities that were discussed in Session 2 of this book).
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-8 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-10 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-12 AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-2 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-4 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-6 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-8 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-10 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-12 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
When is your risky time?

Did you plan something fun and helpful at that time?

**During the day, did you plan to:**

- Get enough sleep? 😍
- Take a shower?
- Eat three healthy meals?

**Is your day balanced?** Did you plan a variety of activities?

Now take a second look at your schedule for tomorrow and add a variety of helpful activities during your risky time.
Daily Physical Activity Improves Your Mood and Supports Your Recovery

Being physically active is a fun and important activity. It not only affects your muscles. It also affects your brain and other organs in your body. For example, people who exercise do better on memory tests. They tend to have better mood. They sleep better. They have more energy to handle their day-to-day life.

You may already know that physical activity is good for your body, but did you know physical activity can help you in other ways?

- Feel better about yourself and your body.
- Help you get rid of built-up stress and frustration.
- Have a sense of accomplishment.
- Stay away from alcohol and drugs.
- 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.
Here are some guidelines for physical activity.

-[ ] **Move your body.** 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 or gardening.
- Using the stairs instead of riding the elevator.
- Parking your car a little ways away from where you are going so you can walk the rest of the way.
- Getting off the bus two stops away from where you live and walking home.
- Walking. Walking is one of the easiest and healthiest activities you can do.

-[ ] **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.**
■ **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 race the first day—or ever! You might start 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 half a 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>

■ **Start TODAY!** However, if you have a medical condition, check with your doctor before doing strenuous physical activity.

---

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

___________________________________________

___________________________________________

___________________________________________
Getting Started: Doing Activities Even When You Don’t Feel Like It

How can you jump start your engine? How can you increase the chances that you will do a helpful activity?

1. **Act “as if.”** See what it feels like to act “as if” you feel good. Smile, even if you don’t feel like smiling. Research shows that smiling can help people feel better.

2. **Get the ball rolling, even if you don’t feel like it.** Once you get started doing an activity, it is easier to keep going. **Make a move**—what small step could you take right now?

3. **Make plans.** Think ahead about activities you could do and put them on your “calendar,” even if your calendar is in your head. When it’s time to do the activity, don’t think about it—just do it.
4. **Set yourself up for success.** If you plan to do an activity in the morning, go to bed early and set an alarm clock. When the alarm goes off, don’t have a debate with yourself about getting out of bed. Just do it!

5. **Get others involved.** Ask a friend or family member to support you. Tell them the helpful activity you plan to do and ask them to encourage you to do this activity.

6. **Balance your time.** Most people feel best when they balance the things they need to do and the things they want to do. They work, go to school, and take care of themselves and their families. And they relax and have fun.

7. **Plan for variety.** Doing different types of activities each day can make your day more interesting.
**Key messages from this session are:**

- Planning to do helpful activities and putting them on your calendar helps you avoid harmful or risky activities.
- Physical activity can improve your mood and support your recovery.
- Doing activities (even when you don’t feel like it) can help you feel better and support your recovery.

What do you want to remember about this module? Write your own key messages here.

_____________________________________________________

_____________________________________________________

_____________________________________________________
1. **Plan at least one more day in your week** on the calendar on page 57.

2. **Write down your activities each day.**

3. **Track your mood and coping using the Daily Check In.**
Continue counting the number of helpful activities you do each day.
**DAILY CHECK IN**

**Instructions**

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.

- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.

- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Mood</th>
<th>_____</th>
<th>_____</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
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<tr>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
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<td>8</td>
<td>8</td>
<td>8</td>
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<tr>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
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<tr>
<td>Noticeably worse mood</td>
<td>6</td>
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<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>5</td>
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<td>5</td>
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</tr>
</tbody>
</table>

2. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</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>Coped noticeably worse than usual</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>Coped OK</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>Coped noticeably better than usual</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
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<td>6</td>
</tr>
<tr>
<td>Coped OK</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
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<td>5</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</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>Coped the worst ever</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>Coped the worst ever</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>Coped the worst ever</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>

3. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Number of helpful activities</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
</tr>
</thead>
</table>

**Today’s Date: ___________________**

- Today’s Date: ___________________

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.

- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.

- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Mood</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</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>Noticeably better mood</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>Ok/average mood</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>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
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<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>5</td>
<td>5</td>
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<td>5</td>
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<td>1</td>
</tr>
</tbody>
</table>

2. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
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<td>9</td>
</tr>
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<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
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<td>Coped OK</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
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</tr>
<tr>
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<td>6</td>
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<td>6</td>
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<td>6</td>
</tr>
<tr>
<td>Coped OK</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>Coped noticeably worse than usual</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>Coped the worst ever</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>Coped the worst ever</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
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<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>1</td>
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<td>1</td>
</tr>
</tbody>
</table>

3. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Number of helpful activities</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
<th>_____</th>
</tr>
</thead>
</table>
Activities, Day 1  —  

(Write in the day of the week.)

Activities, Day 1  +  

(Write in the day of the week.)

Activities, Day 2  —  

(Write in the day of the week.)
Activities, Day 2  

(Write in the day of the week.)

Activities, Day 3  

(Write in the day of the week.)

Activities, Day 3  

(Write in the day of the week.)
Activities, Day 4  —

(Write in the day of the week.)

Activities, Day 4  +

(Write in the day of the week.)

Activities, Day 5  —

(Write in the day of the week.)
Activities, Day 5

(Write in the day of the week.)

Activities, Day 6

(Write in the day of the week.)

Activities, Day 6

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

(Write in the day of the week.)

Activities, Day 7 +

(Write in the day of the week.)
FEEDBACK

- What was helpful about today’s session?
- What was less helpful?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?

LOOKING AHEAD

In the next session of the Activities module, we will talk more about activities that might be risky for you while you are working hard to improve your mood and stay sober.
SESSION 4: WHAT ARE YOUR RISKY ACTIVITIES?

PURPOSE

- Learn that your mood and cravings can go up or down based on the activities you choose to do.
- Identify those harmful activities that can lead you to feel like drinking/using.
- Learn new ways of coping with risky situations.

OUTLINE

Announcements

Review

New Topic: What Are Your Risky Activities?
- One Activity Can Lead to Another: A Chaining Activity
- Know Your Risky Activities
- Coping with Risky Situations

Key Messages

Practice

Feedback

Looking Ahead
ANNOUNCEMENTS

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

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

REVIEW

Last Session

*Last session’s key messages were:*

- Planning to do helpful activities and putting them on your calendar helps you avoid harmful or risky activities.
- Physical activity can improve your mood and support your recovery.
- Doing activities (even when you don’t feel like it) can help you feel better and support your recovery.
Practice

1. *Plan at least one more day in your week* on the calendar on page 55.

2. *Write down your activities each day.*

3. *Track your mood and coping using the Daily Check In.*
NEW TOPIC: WHAT ARE YOUR RISKY ACTIVITIES?

One Activity Can Lead to Another: A Chaining Activity

The destructive cycle of depression and drinking/using can begin with a fact or event, such as:

- You lose a job.
- A relative or friend dies.
- You get sick.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped drinking or using.

The chaining activity illustrates how your mood can get better or worse depending on the activities you do in response to the fact or event.

As your mood changes, how does this affect your cravings (desire to use)?

Are you more likely to crave (want to use) when your mood is good or bad?
Instructions

1. In the table on the next page, **write a statement of fact or an event** on the line next to #5.

2. Think about things you could do that would bring your mood down. What activity might bring your mood down just a little? Don’t take a step that is too big. Choose an activity instead of a thought and make sure it is realistic. **Write that activity next to #4.**

3. **Think of a continuous chain of activities** that make you feel worse, until your mood is at its lowest. Write that chain of activities on lines #3, #2, and #1.

4. Complete the rest of the chaining activity going up. What is a helpful activity that would make your mood improve just a little? **Write that activity next to #6.**

5. Fill in lines #7 and #8.

6. What helpful activity might make you really happy? **Write that next to #9.**
<table>
<thead>
<tr>
<th>Best mood</th>
<th>9. Join a bowling league.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8. Go bowling with my new friend.</td>
</tr>
<tr>
<td></td>
<td>7. Make a new friend at work.</td>
</tr>
<tr>
<td></td>
<td>6. Join a divorce support group.</td>
</tr>
<tr>
<td>Okay/average mood</td>
<td>5. I got a divorce.</td>
</tr>
<tr>
<td></td>
<td>4. Don’t see old friends who knew my husband too.</td>
</tr>
<tr>
<td></td>
<td>3. Don’t answer the phone.</td>
</tr>
<tr>
<td></td>
<td>2. Don’t get dressed on weekends.</td>
</tr>
<tr>
<td>Worst mood</td>
<td>1. Stay in bed all day.</td>
</tr>
</tbody>
</table>
Your Chaining Activity

<table>
<thead>
<tr>
<th>Best mood</th>
<th>9.</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.</td>
<td></td>
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<tr>
<td>7.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
</tr>
<tr>
<td>Okay/average mood</td>
<td>5. Statement of fact</td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>Worst mood</td>
<td>1.</td>
</tr>
</tbody>
</table>

The chaining activity illustrates that:

- When you do one activity, you often start a chain—one activity can lead to another activity, other thoughts, other feelings, and other contacts with people. In general, more helpful activities lead to more helpful activities, thoughts, and feelings. So remember that you can choose what activities you do.

- Activities are linked to mood. When you feel down, it may be hard to do helpful activities. But when you do helpful activities, you are more likely to:
  - Do even more helpful activities.
  - Feel happier and healthier.
  - Have positive thoughts about yourself and your life.
  - Have helpful contact with other people.
Know Your Risky Activities

Remember that your risky activities are the harmful activities that can set off a chain reaction of other harmful activities that can lead you to feel like drinking or using. If you stay away from your risky activities, you avoid the chain of harmful activities that can follow.

Remember that an activity that might be helpful for one person can be a risky activity for another person.

For example: One person enjoys going to a park in his neighborhood where he plays basketball with friends and sits on the grass in the shade. Going to the park is a helpful and fun activity.

For another person, going to the park is a harmful activity because he used to go there to get drugs. Going to the park makes his cravings stronger, so it is one of his risky activities. He should not go to the park while he works on his recovery.
Think about the last situation when you last used or drank. What were some of your risky activities? Of these activities, check off which ones were the most likely to cause you to drink or use?

<table>
<thead>
<tr>
<th>Risky Activities</th>
<th>Activities most harmful to me</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>
Coping with Risky Situations

Use your thoughts to help you cope with risky situations.

You can use your thoughts to help you cope and manage how you act. Here are some examples.

I don’t have to drink just because everybody else is drinking… And I don’t have to explain why I am not drinking. I can just say, ‘Could I have a Coke (or a lemonade)?’ and leave it at that.

It’s New Year’s Eve and I usually get plastered. But this is the beginning of a year free of alcohol. I might as well start the year off right.

I’m feeling frustrated because I’m broke and can’t even rent a movie. Maybe I can borrow one from the public library. Or maybe I will just watch a TV show.

My girlfriend just broke up with me. I’m feeling as bad as can be. I would usually start drinking right about now. But then I’d add one more problem to my life. I have had enough. I don’t need to add any more problems right now. I think I will go to an AA meeting instead.
**Key messages from this session include:**

- Choosing to do a helpful activity can lead you to do more helpful activities.
- Some harmful activities have special power for you because they make it more likely that you will act in a harmful way, such as drinking or using drugs.
- You can choose how you react in risky situations.

What do you want to remember about this module? 
**Write your own key messages here.**

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
1. Notice any risky activities or situations. *What are your options in how to cope with them?*

2. *Write down your activities each day.*

3. *Track your mood and coping using the Daily Check In.* Notice that at the bottom there is a place for you to keep track of how many helpful activities you do each day.
**DAILY CHECK IN**

**Instructions**

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. 

<table>
<thead>
<tr>
<th>Lowest mood ever</th>
<th>Noticeably worse mood</th>
<th>Ok/average mood</th>
<th>Noticeably better mood</th>
<th>Best mood ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3</td>
<td>5</td>
<td>7</td>
<td>9</td>
</tr>
</tbody>
</table>

2. 

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
</tr>
<tr>
<td>Coped OK</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
</tr>
<tr>
<td>Coped the worst ever</td>
</tr>
</tbody>
</table>

3. 

<table>
<thead>
<tr>
<th>Number of helpful activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>------------------------------</td>
</tr>
</tbody>
</table>

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Write in the day of the week.

<table>
<thead>
<tr>
<th>Mood</th>
<th>9</th>
<th>9</th>
<th>9</th>
<th>9</th>
<th>9</th>
<th>9</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noticeably better mood</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>Ok/average mood</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>Noticeably worse mood</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>Lowest mood ever</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>Coped the worst ever</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>Coped noticeably worse than usual</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>Coped OK</td>
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<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>1</td>
<td>1</td>
<td>1</td>
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<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

---

Write in the day of the week.

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
</tr>
<tr>
<td>Coped OK</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
</tr>
<tr>
<td>Coped the worst ever</td>
</tr>
</tbody>
</table>

---

Write in the day of the week.

<table>
<thead>
<tr>
<th>Number of helpful activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>------------------------------</td>
</tr>
</tbody>
</table>
Activities, Day 1  —

(Write in the day of the week.)

Activities, Day 1  +

(Write in the day of the week.)

Activities, Day 2  —

(Write in the day of the week.)
Activities, Day 2  

(Write in the day of the week.)

Activities, Day 3  

(Write in the day of the week.)

Activities, Day 3  

(Write in the day of the week.)
Activities, Day 4

(Write in the day of the week.)

Activities, Day 4

(Write in the day of the week.)

Activities, Day 5

(Write in the day of the week.)
Activities, Day 5  

(Write in the day of the week.)

Activities, Day 6  

(Write in the day of the week.)

Activities, Day 6  

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

(Write in the day of the week.)

Activities, Day 7  +  

(Write in the day of the week.)
FEEDBACK

- What was difficult about today’s session?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?

LOOKING AHEAD

Session 5 in “Activities, Alcohol/Drug Use, and Your Mood” is about how to set goals for the future and do helpful activities to meet your goals.
SESSION 5: HOW TO KEEP DOING HELPFUL ACTIVITIES

PURPOSE

- Learn how to improve your sleep.
- Identify roadblocks that may come up as you do helpful activities and learn how to get around them.
- Understand that helpful activities can help you meet your goals.

OUTLINE

Announcements
How Have You Been Feeling?
Review
New Topic: How to Keep Doing Helpful Activities
  - Tips to Improve Your Sleep
  - Problem Solving
  - Pacing Yourself
  - Pleasure Predicting
  - Setting Goals
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

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

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

HOW HAVE YOU BEEN FEELING?

You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.
#### REVIEW

**Last Session**

*Last session’s key messages were:*

- Choosing to do a helpful activity can lead you to do more helpful activities.
- Some harmful activities have special power for you because they make it more likely that you will act in a harmful way such as drinking or using drugs.
- You can choose how you react in risky situations.

#### Practice

1. *Notice any risky activities or situations. What are your options in how to cope with them?*
2. *Write down your activities each day.*
3. *Track your mood and coping using the Daily Check In.*
NEW TOPIC: HOW TO KEEP DOING HELPFUL ACTIVITIES

Tips to Improve Your Sleep

Many people with depression and alcohol/drug 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 to improve your mood and support your recovery.

What is your sleep like now?
These tips can help to improve your sleep. If you don’t have sleep problems, keep these tips in mind in case you need them in the future.

To develop a regular sleep pattern, try the first three tips. Eventually, you should feel sleepy at about the same time every night.

1. Do not go to bed until you are sleepy. If you find yourself lying awake, get up and go to another room until you feel tired. 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. Try not to take naps if you find that naps make it difficult for you to sleep at night.

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; 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 a comfortable room temperature.
- Use curtains or place something over the window to darken the room.

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

10. If you use 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 (ingredients that can keep you awake).
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 to do an activity that you enjoy in the morning.** You could:
   - Listen to music
   - Read the newspaper
   - Go outside to get some air and sunshine
   - 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.

**Note:** The tips above work for most people. However, everyone is different. If you have routines that help you get to sleep that don’t involve using alcohol or drugs, keep them. It is important that you find the sleep tips that work best for YOU.

*Sleep tips that I would be willing to try:*

_________________________________________

_________________________________________

_________________________________________
Problem Solving

*What gets in the way of doing helpful activities?*
Some common roadblocks are listed below. What could you do to get around the roadblocks?

*Write your own roadblocks and ideas for getting around them* at the bottom of the list.

<table>
<thead>
<tr>
<th>Roadblocks</th>
<th>Ideas for Getting Around Them</th>
</tr>
</thead>
<tbody>
<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>• Challenge the harmful thought with helpful thoughts:</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 in recovery and have fun. Otherwise it will be harder to</td>
</tr>
<tr>
<td></td>
<td>maintain my recovery.”</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</td>
</tr>
<tr>
<td></td>
<td>at the sunset, sing a song you like, or make a plan to do something nice for someone you</td>
</tr>
<tr>
<td></td>
<td>love.</td>
</tr>
<tr>
<td>I don’t know anyone to do fun things with.</td>
<td>• Do fun things you are good at in the company of other people (go to free outdoor concerts;</td>
</tr>
<tr>
<td></td>
<td>visit parks, museums, zoos; attend religious, political, environmental meetings). You will</td>
</tr>
<tr>
<td></td>
<td>at least have fun and you might find someone who likes the same things.</td>
</tr>
</tbody>
</table>
Pacing Yourself

In starting a new activity, if you try to do too much at once, you may feel overwhelmed and quit doing the activity. But remember, you can start small and go at your own speed. For example, if you are interested in jogging, you don’t have to run a marathon the first time you step outside. It is more important to do something than it is to do everything. What pace is right for you?

1. Given my energy level, health, and time, if I wanted to exercise, what might I do? (Circle one or write your own.)

- Do nothing.
- Stand up and move for 5 minutes.
- Walk 1 block outside.
- Walk around the block.
- Go for a brief walk.
- Go for a long walk.
- Go for a short hike.
- Run around the block.
- Go for a 1-mile run.
- Go for a 5-mile run.

2. Think of a helpful activity you want to do. How could you pace yourself in doing this activity?
Pleasure Predicting

A common problem for people who are depressed is that, even before they do an activity, they decide they won’t like it. They think “what’s the use?”

You can increase the chances that you will DO activities and that you will enjoy them.

- **First**, pick an activity that sounds like it might be fun for you. Write it in the first column in the chart at the bottom of the page.

- **Second**, do the activity under conditions that will make it most enjoyable for you. Set yourself up for success. For example, if you want to go to a movie, YOU choose:
  - What movie to see.
  - Whether to see it alone or with someone.
  - The time that you go.
  - Where you sit.

Make the activity as much fun as possible for you.
• **Third**, do some “pleasure predicting.” Before you do an activity, *guess how much you think you will enjoy it*. Do the activity.

Then think *about how much you actually enjoyed it*. Most people find that they enjoyed the activity even more than they thought or predicted they would. Their mood improves and they are motivated to do another activity.

---

### Pleasure Predicting Chart

*Rating system:  * not at all  ** a little bit  *** moderately  **** quite a bit  ***** very much*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking a walk</td>
<td>**</td>
<td>***</td>
</tr>
<tr>
<td>(What activity could you do?)</td>
<td>(How much will you enjoy it?)</td>
<td>(For now, pretend that you did the activity and guess how much you actually enjoyed it.)</td>
</tr>
</tbody>
</table>
Setting Goals

Why set goals?

Depression and drinking/using can take away your desire to do things—even something as simple as getting out of bed. Depression often brings with it the thought: “What’s the point?”

As you leave depression behind and continue your recovery, you will start doing more activities. Yet, you may feel unsure of which way you want your life to head. Setting goals can provide a sense of direction.

Having goals helps you to:

- Organize your energy.
- Focus.
- Figure out what is most important to you in life.
- Feel hopeful about the future.
What are goals?

Goals are specific things you work towards. Here are some examples.

1. Go all day without a drink.
2. Feel better physically.
3. Feel better emotionally.
4. Live within the law.
5. Spend quality time with my children.

You can set a goal for any point in the future. You can also set goals that are connected to each other. Short-term goals can help you reach your long-term and lifetime goals.

<table>
<thead>
<tr>
<th>Time</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Term:</td>
<td>“Go to an AA meeting today and sign up to fix the coffee at the next meeting.”</td>
</tr>
<tr>
<td>Long Term:</td>
<td>“Go to 90 meetings in 90 days.”</td>
</tr>
<tr>
<td>Lifetime:</td>
<td>“Live a lifetime in recovery.”</td>
</tr>
</tbody>
</table>

Warning! Some goals are destructive. For example:

- Being perfect (no one is perfect).
- Considering yourself a failure if you aren’t the best.
- Setting goals for somebody else and making your happiness dependent on him or her reaching the goals.
Think about your goals

It might be hard now to think about the future, but it is good to have a picture in your mind of what you want your life to be like.

Here are some examples of lifetime goals:

- I want to be the kind of person people can count on.
- I want to enjoy life without drugs or alcohol.
- I want to live as healthy a life as I can for as long as possible.
- I want to be an educated person.

Think about your dreams for the future and write your ideas below.

A lifetime goal I would like to work toward is:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

In the next session, you will have a chance to think more about what is important to you, how you see yourself in the future, and how you can do helpful activities in the short term to reach your goals.
**Key Messages**

*Key messages from this session are:*

- You can work around roadblocks that get in the way of helpful activities.
- Strategies such as pacing yourself and predicting pleasure will help you keep doing helpful activities.
- To feel good, it is helpful to have something to look forward to (short-term and long-term goals).

What do you want to remember about this session?  
*Write your own key messages here.*

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
1. If you find it difficult to do activities, *try using the tools we talked about*.

- Problem solving
- Pacing yourself
- Predicting pleasure

2. Before and after you do a new activity, *fill out the Pleasure Predicting Chart* (it is in your workbook after the Daily Check In).

3. *Review the helpful activities you wrote down on index cards.* In the next session, you will have a chance to think about which helpful activities would be most helpful to you in the future to keep your mood up and support your sobriety.

4. *Track your mood and coping using the Daily Check In.* Track the number of helpful activities you do each day.
**DAILY CHECK IN**

**Instructions**

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7 or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Mood</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

2. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Coped OK</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

3. **Write in the day of the week.**

<table>
<thead>
<tr>
<th>Number of helpful activities</th>
</tr>
</thead>
</table>
### Pleasure Predicting Chart

**Instructions:** How good are you at predicting fun? Write in the left column some new activities that you could do. Use the star rating system to predict how much you will enjoy the activities. Do two or more of the activities. Then, afterwards, rate how much you actually enjoyed the activities.

Do you see a pattern? What have you learned? Notice in the examples that sometimes a person enjoys an activity more than he or she expects to.

*Rating system:* * not at all  ** a little bit  *** moderately  **** quite a bit  ***** very much

<table>
<thead>
<tr>
<th>Activity</th>
<th>Before you do the activity: How much do you think you will enjoy this activity?</th>
<th>After you do the activity: How much did you actually enjoy this activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking a walk</td>
<td>**</td>
<td>***</td>
</tr>
<tr>
<td>Talking to a friend</td>
<td>***</td>
<td>****</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FEEDBACK

• What was helpful about today’s session?
• What was less helpful?
• What was difficult?

LOOKING AHEAD

The next session is the last session in “Activities, Alcohol/Drug Use, and Your Mood.” Many of you will continue CBT with another module. Others may be graduating from CBT. We will talk about how to keep doing helpful activities even after the CBT group is over.
PURPOSE

- Think about your goals for the future.
- Identify some short-term activities you can do to meet your long-term and lifetime goals.
- Make a “Coping Card” that you can use to keep your mood up and support your recovery.

OUTLINE

Welcome
Announcements
Review
New Topic: How to Shape Your Future with Helpful Activities
- What Are Your Dreams for the Future?
- Coping Cards Can Help to Improve Your Mood and Support Your Recovery
Key Messages
Practice
Review of Activities Module
Goodbye to Graduating Group Members
Feedback
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 leaders know about?

✓ REVIEW

Last Session

Last session’s key messages were:

- You can work around roadblocks that get in the way of helpful activities.

- Strategies such as pacing yourself and predicting pleasure will help you keep doing helpful activities.

- To feel good, it is helpful to have something to look forward to (short-term and long-term goals).
Practice

1. If you find it difficult to do activities, *try using the tools we talked about*.
   - Problem solving
   - Pacing yourself
   - Predicting pleasure

2. Before and after you do a new activity, *fill out the Pleasure Predicting Chart*.

3. *Review the helpful activities you wrote down on index cards*.

4. *Track your mood and coping using the Daily Check In*.
NEW TOPIC: HOW TO SHAPE YOUR FUTURE WITH HELPFUL ACTIVITIES

What Are Your Dreams for the Future?

**Tips for setting goals**

Set goals that are:

- Specific.
- Manageable and realistic.
- Under your control.

**How can you reach your long-term and lifetime goals?**

Long-term and lifetime goals suggest a *direction* for your life, rather than a specific end point. Those goals can give you a feeling of purpose in your life.

You can reach your long-term or lifetime goals by setting short-term goals and doing helpful activities that help you reach them. Before you know it, the small steps you take every day will help you get closer to your big goals. You can also get a great deal of satisfaction and enjoyment from achieving each step along the way to a big goal. The table below suggests some short-term steps you could take to reach bigger goals.
### Setting Goals

<table>
<thead>
<tr>
<th>Short-term goals (1 to 2 weeks)</th>
<th>Long-term goals (within 3 months)</th>
<th>Lifetime goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay in treatment; go to four AA meetings.</td>
<td>Offer support to someone else at an AA meeting.</td>
<td>Help people.</td>
</tr>
<tr>
<td>Take my kids to the park.</td>
<td>Stay clean so I can be there for my kids.</td>
<td>Be a good parent.</td>
</tr>
<tr>
<td>Show up on time to do an activity with a friend.</td>
<td>Do an activity with a friend at the same time every week.</td>
<td>Be a person that others can count on.</td>
</tr>
<tr>
<td>Ask my counselor about affordable schools nearby.</td>
<td>Enroll in one class.</td>
<td>Be an educated person.</td>
</tr>
<tr>
<td>Stay clean today.</td>
<td>Have my own apartment.</td>
<td>Live on my own.</td>
</tr>
</tbody>
</table>

Look at the last session in your workbook and review your lifetime goals. What steps could you take to reach your lifetime goals? Write your ideas on the lines below.

---

**My long-term goal** (within the next three months)

__________________________________________

__________________________________________

---

**My short-term goal** (in the next week or two)

To achieve my long-term and lifetime goals, I need to set short-term goals that will help me get there. My short-term goal is to:

__________________________________________

__________________________________________

__________________________________________
Steps to reach my short-term goal

Think about these questions related to what you need to do to achieve your short-term goal.

I will begin (when):

________________________________________________________________________

I will do (what):

________________________________________________________________________

________________________________________________________________________

I will do this much (how much or how little):

________________________________________________________________________

________________________________________________________________________
I will do it in this place (where):

________________________________________________________________________

________________________________________________________________________

I will do it in this way (your method, or the steps you will take):

________________________________________________________________________

________________________________________________________________________

When you reach your goal or complete a step toward your goal, celebrate (without alcohol or drugs).

How will you celebrate?
How can you reach your goal?

You can reach your goal by:

- Taking one step at a time.
- Using tools such as CBT or getting help from others.
- Trying until you find a method that works for you.
Coping Cards Can Help to Improve Your Mood and Support Your Recovery

Make a “coping card” to help you remember and use helpful activities.

- Use one 3” x 5” index card.
- On one side of the card, write “Coping Activities” at the top. Write as many helpful activities as you can think of. Try to think of activities that have improved your mood in the past and that have few roadblocks. You can include helpful activities that you tried out during this module.

For example:

- Take a hot shower
- Pet my dog
- Watch the sunset

- On the other side of the card, write “My Goals”. These can be short-term, long-term, or lifetime goals, whichever is most important to you in staying sober.

Examples of goals:

- To live on my own
- To take my kids to the park
- To be clean today
If you’re feeling down, or if you feel like drinking or using drugs, pull out a card and read it. It can help you get past the moment of stress.

Keep your coping cards someplace where you can find them easily and where they will help you the most. If you find that you are doing risky activities during the day or having strong cravings, carry your coping card in your purse or wallet.

If you are likely to feel down or have strong cravings at night, keep your card at home.

You could tape it to the wall beside your bed,

…or put it on the refrigerator.
**Key Messages**

*Key messages from this session are:*

- You can reach your long-term goals by setting short-term goals and doing helpful activities.
- By setting goals and doing activities, you can shape your future.
- A coping card can help you remember to do helpful activities.

What do you want to remember about this session?  
Write your own key messages here.

_____________________________________________________

_____________________________________________________

_____________________________________________________
1. *Do a step* to work towards your short-term goal.

2. *Find a place* to keep your coping card.

3. *Track your mood and coping using the Daily Check In.*
Continue to count the number of helpful activities you do each day.
**Daily Check In**

**Instructions**

Today’s Date: ________________

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day. At the bottom, write in the number of helpful/helpful activities you did.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

### Write in the day of the week.

<table>
<thead>
<tr>
<th>Mood</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
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<td>5</td>
</tr>
</tbody>
</table>

### 1. Coped with challenges to my recovery

- Coped the best ever
- Coped noticeably better than usual
- Coped OK
- Coped noticeably worse than usual
- Coped the worst ever

### Write in the day of the week.

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Coped OK</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

### 2. Number of helpful activities

<table>
<thead>
<tr>
<th>Number of helpful activities</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Activities, Alcohol/Drug Use, and Your Mood, Session 6
OVERVIEW OF MODULE: “ACTIVITIES, ALCOHOL/DRUG USE, AND YOUR MOOD”

Over the past six sessions, we have been focusing on activities. You have learned that the activities you do affect how you feel and that your feelings affect your drinking and using.

*How have you made changes in your activities?*

1. You can **catch**, or notice, your activities.

2. You can **check**, or examine, your activities to see if they help you or harm you. A helpful activity is healthy for you—it makes you feel good and helps you stay sober.

3. You can **change** the harmful activities that get in the way of your good mood and recovery, and choose to do helpful activities instead.
What idea will help you the most? What will you remember from the Activities module? Write your ideas below.

The most important thing I learned from the Activities module is:

_____________________________________________________

_____________________________________________________

_____________________________________________________

_____________________________________________________

_____________________________________________________
Key messages from “Activities, Alcohol/Drug Use, and Your Mood” are:

Session 1: Helpful Activities Can Improve Your Mood and Support Your Recovery

- What you do can affect how you feel.
- It is common for people who are depressed and who use alcohol/drugs to lose interest in doing helpful activities.
- Doing helpful activities can improve your mood, create helpful thoughts, and decrease cravings. And when you feel better, you will feel more like doing helpful activities.

Session 2: Choosing Helpful Activities and Avoiding Harmful Activities

- Activities can be short and simple.
- Avoid risky activities and replace them with helpful activities.
- Try to find balance in the kinds of helpful activities that you do.

Session 3: Taking Care of Today

- Planning to do helpful activities and putting them on your calendar helps you avoid harmful or risky activities.
- Physical activity can improve your mood and support your recovery.
- Doing activities (even when you don’t feel like it) can help you feel better and support your recovery.
Session 4: What Are Your Risky Activities?

- Choosing to do a helpful activity can lead you to do more helpful activities.
- Some harmful activities have special power for you because they make it more likely that you will act in a harmful way such as drinking or using drugs.
- You can choose how you react in risky situations.

Session 5: How to Keep Doing Helpful Activities

- You can work around roadblocks that get in the way of helpful activities.
- Strategies such as pacing yourself and predicting pleasure will help you keep doing helpful activities.
- To feel good, it is helpful to have something to look forward to (short-term and long-term goals).

Session 6: Doing Helpful Activities to Shape Your Future

- You can reach your long-term goals by setting short-term goals and doing helpful activities.
- By setting goals and doing activities, you can shape your future.
- A coping card can help you remember to do helpful activities.
GOODBYE TO GRADUATING GROUP MEMBERS

If you have completed all three modules in CBT, you are now a CBT graduate.

CONGRATULATIONS!

Since you are leaving the group, you might want to talk about the following.

1. What have you learned that you think will help you feel better and manage your cravings?

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 drinking or using?

If you still feel depressed or if you are still having strong cravings that you feel you cannot resist, tell your group leader, and he or she will help you get further treatment.
FEEDBACK

- What was helpful in today’s session and in the Activities module?
- What was less helpful?

LOOKING AHEAD TO THE NEXT MODULE

The next module is called “People, Alcohol/Drug Use, and Your Mood.” You will learn how depression may cause problems in your interactions with people and how important it is to have positive contacts with helpful, supportive people.
RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND DRINKING OR USING

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.
“When I feel like a situation is going to anger me, using tools that I’ve learned (such as “Catch It, Check It, Change It”) throughout the different modules, enabled me to handle the situation at hand in a more responsible and caring type of way.”

“I’ve learned how to open up. I learn that there is more than one way to look at things.”

“There is no such thing as a stupid question.”

“CBT has given me the tools I can use to change my life and be happy and healthy. I can become a responsible person who has freedom from fear. Before, I did not realize I had an option.”

“I have realized life isn’t what I perceived it to be as black and white; it can be truly beautiful and colorful...if you allow yourself to open up to a new way of life.”

“My thought process has changed by allowing me to decide what kind of mood or day I will be having.”

“The fear of change was removed through CBT, because I was provided with insight and tools that enabled me to change myself and how I interacted with others. It gave me the power of self-awareness.”

“I have learned through these classes the tools for a happier and productive life.”