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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

People Interactions, Alcohol/Drug Use, and Your Mood



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

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This is your book to keep. Feel free to write in it.

This workbook belongs to:

(Name)

(Date)

TABLE OF CONTENTS

SESSION 1: PEOPLE, MOOD, AND RECOVERY ARE CONNECTED	1
PURPOSE	1
OUTLINE	1
HOW HAVE YOU BEEN FEELING?.....	2
GROUP RULES	3
INTRODUCTIONS	7
WHAT IS DEPRESSION?	8
WHAT ARE ALCOHOL/DRUG USE PROBLEMS?	10
WHAT IS COGNITIVE BEHAVIORAL THERAPY?.....	12
THE SERENITY PRAYER	14
REVIEW.....	15
LAST MODULE	15
PRACTICE	16
NEW TOPIC: PEOPLE, MOOD, AND RECOVERY ARE CONNECTED.....	17
THE IMPORTANCE OF HELPFUL PEOPLE INTERACTIONS	17
HOW TO BEGIN HAVING MORE HELPFUL INTERACTIONS WITH PEOPLE	20
KEY MESSAGES.....	22
PRACTICE.....	23
FEEDBACK	26
LOOKING AHEAD	26
SESSION 2: INCREASING YOUR HELPFUL INTERACTIONS WITH PEOPLE	27
PURPOSE	27
OUTLINE	27
ANNOUNCEMENTS.....	28
REVIEW.....	29
LAST SESSION	29
PRACTICE	30
NEW TOPIC: INCREASING YOUR HELPFUL INTERACTIONS WITH PEOPLE	31
MAPPING YOUR SOCIAL SUPPORT NETWORK.....	31

HOW TO MEET NEW PEOPLE	34
GETTING AROUND ROADBLOCKS	37
KEY MESSAGES	39
PRACTICE	40
LOOKING AHEAD	48
SESSION 3: GOOD COMMUNICATION FOR HELPFUL PEOPLE	
INTERACTIONS	49
PURPOSE	49
OUTLINE	49
ANNOUNCEMENTS	50
HOW HAVE YOU BEEN FEELING?	50
REVIEW	51
LAST SESSION	51
PRACTICE	52
NEW TOPIC: GOOD COMMUNICATION	53
LISTENING WELL	53
WHAT IS YOUR COMMUNICATION STYLE?	55
MAKING REQUESTS ASSERTIVELY	58
EXPRESSING YOUR FEELINGS AND THOUGHTS ASSERTIVELY	60
KEY MESSAGES	63
PRACTICE	64
FEEDBACK	72
LOOKING AHEAD	72
SESSION 4: COPING WITH DIFFICULT SITUATIONS	73
PURPOSE	73
OUTLINE	73
ANNOUNCEMENTS	74
REVIEW	74
LAST SESSION	74
PRACTICE	75
NEW TOPIC: COPING WITH DIFFICULT SITUATIONS	76
ONE PEOPLE INTERACTION LEADS TO ANOTHER:	
A CHAINING ACTIVITY	76
YOU CAN CHANGE DIRECTION AT ANY TIME	80

PRACTICE.....	82
LOOKING AHEAD	89
SESSION 5: COPING WITH DIFFICULT PEOPLE INTERACTIONS.....	91
PURPOSE	91
OUTLINE	91
ANNOUNCEMENTS.....	92
HOW HAVE YOU BEEN FEELING?.....	92
REVIEW.....	93
LAST SESSION	93
PRACTICE	93
NEW TOPIC: COPING WITH DIFFICULT PEOPLE INTERACTIONS	94
WHAT KIND OF PEOPLE INTERACTIONS BRING YOUR MOOD DOWN OR MAKE YOU FEEL LIKE DRINKING/USING?.....	94
OLD HABITS THAT GET IN THE WAY OF HELPFUL INTERACTIONS WITH PEOPLE.....	96
HOW TO BEGIN TO CHANGE THOSE OLD HABITS AND IMPROVE YOUR INTERACTIONS WITH PEOPLE.....	101
KEY MESSAGES.....	103
PRACTICE.....	104
FEEDBACK	106
LOOKING AHEAD	106
SESSION 6: CHANGING HARMFUL PEOPLE INTERACTIONS TO HELPFUL INTERACTIONS	107
PURPOSE	107
OUTLINE	107
ANNOUNCEMENTS.....	108
REVIEW.....	108
LAST SESSION	108
PRACTICE	109
NEW TOPIC: CHANGING HARMFUL PEOPLE INTERACTIONS TO HELPFUL INTERACTIONS	110
YOU CAN NOTICE AND CHANGE YOUR HARMFUL PEOPLE INTERACTIONS: CATCH IT, CHECK IT, CHANGE IT.....	110
EXAMPLES OF FEELINGS AND WAYS OF BEING	115
COPING CARDS CAN HELP TO IMPROVE YOUR MOOD AND SUPPORT YOUR RECOVERY	116

KEY MESSAGES.....	118
PRACTICE.....	119
REVIEW OF MODULE: PEOPLE, ALCOHOL/DRUG USE, AND YOUR MOOD.....	121
GOODBYE TO GRADUATING GROUP MEMBERS.....	125
FEEDBACK	126
LOOKING AHEAD TO THE NEXT MODULE	126
RESOURCES FOR GROUP MEMBERS	127
ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND DRINKING OR USING.....	127
BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE.....	128

SESSION 1: PEOPLE, MOOD, AND RECOVERY ARE CONNECTED

PURPOSE

- Learn about this group, depression, and alcohol/drug use problems.
- Learn that there are connections among your interactions with people, depression, and cravings. (A “craving” is the desire to drink or use.)
- Learn that people interactions can be harmful or helpful to you.

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: People, Mood, and Recovery Are Connected

 The Importance of Helpful People Interactions

 How to Begin Having More Helpful Interactions with People

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.

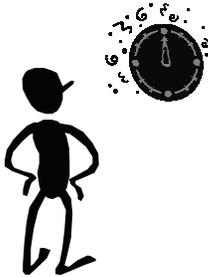
You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.



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.

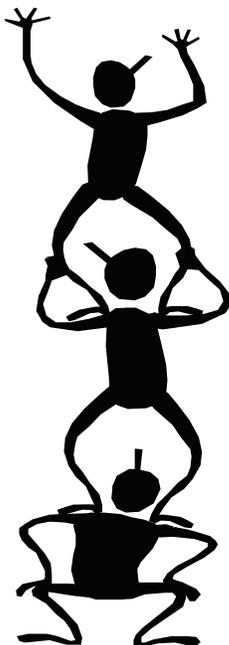


First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

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.



ANNOUNCEMENTS

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

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



INTRODUCTIONS

Group Leaders

Your group leaders are:

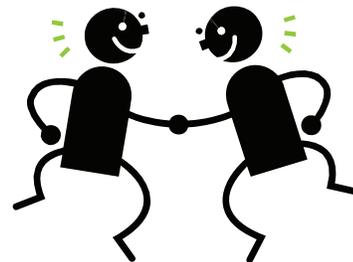
_____ (_____) _____
(Name) (Contact number)

_____ (_____) _____
(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:

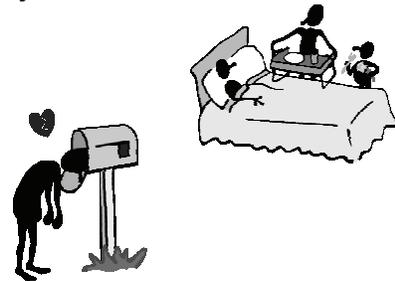
The Nine Symptoms of Depression

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.





***Did
you know***

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.”

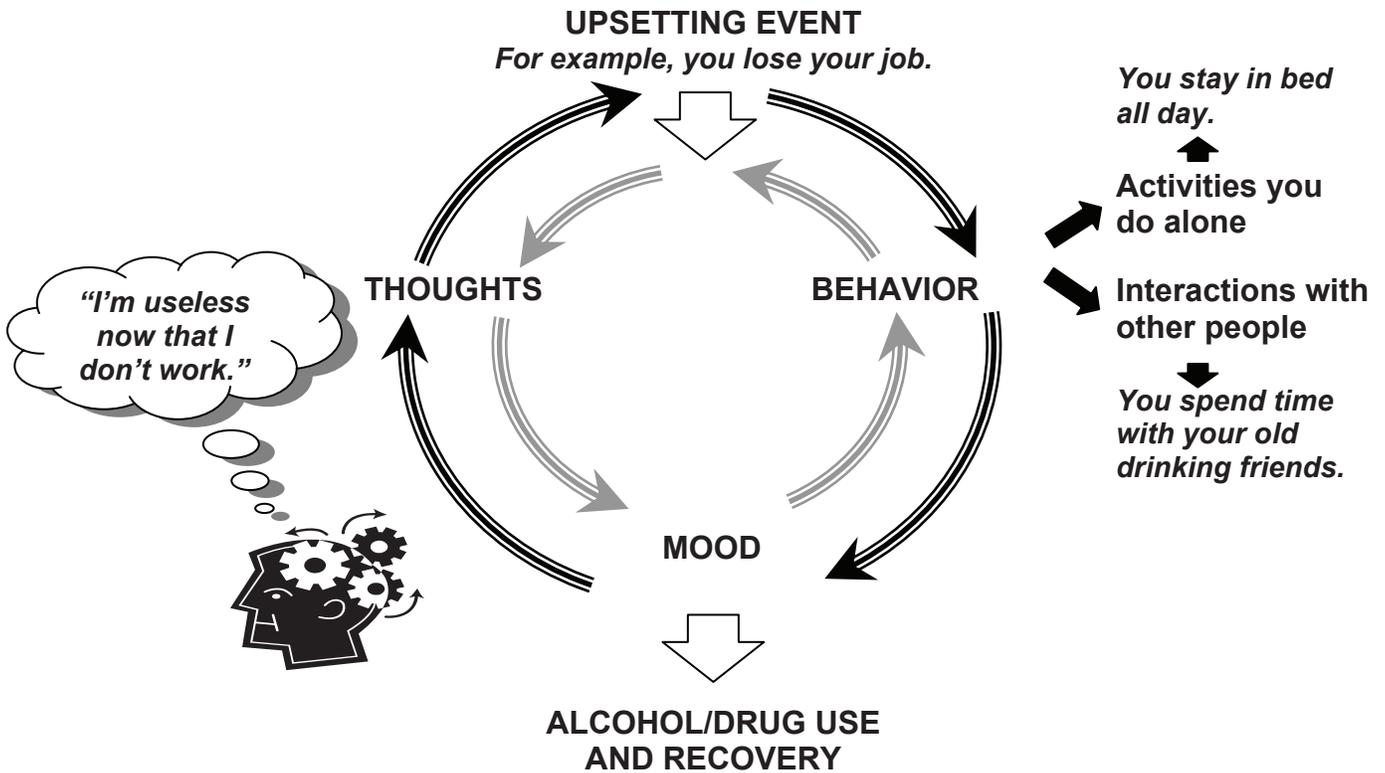
What does the name “Cognitive Behavioral Therapy” mean?

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.

The CBT Circle



CBT helps you break the destructive cycle of depression and can help you 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

The Serenity Prayer



“God, grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.”

CBT 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.

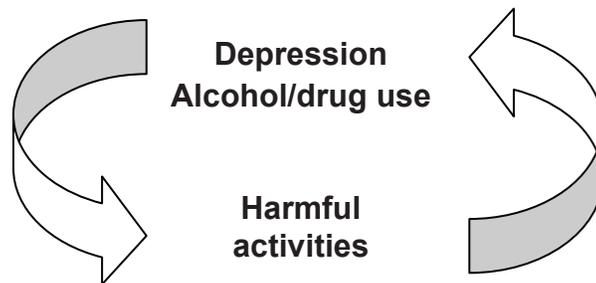
In this module, we will talk about your interactions with people and their important connection with depression and alcohol/drug use. You can learn how to improve your interactions with people to feel better and support your recovery.

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.

REVIEW

Last Module

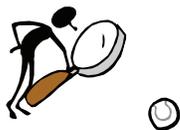
- What do you remember most from the last module?
- What did you learn that was most helpful, in terms of improving your mood and supporting your recovery?
- What was less helpful?



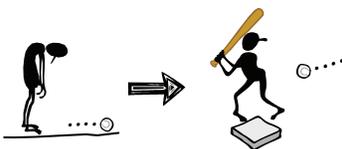
The key take-home messages from “Activities, Alcohol/Drug Use, and Your Mood” were:



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 supports your recovery.



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.

Practice

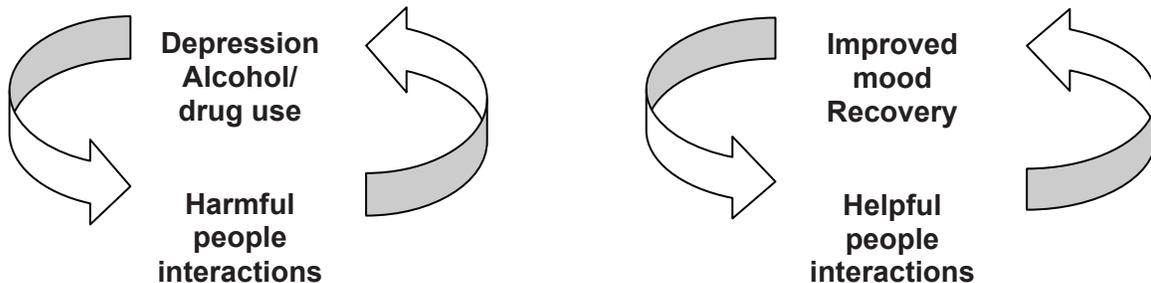
If you were part of the CBT group for the last module (“Activities, Alcohol/Drug Use, and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

- 1. 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.***

NEW TOPIC: PEOPLE, MOOD, AND RECOVERY ARE CONNECTED

The Importance of Helpful People Interactions

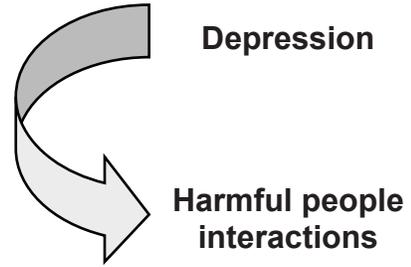
In this workbook we talk about “**harmful**” and “**helpful**” interactions with people. A people interaction that brings your mood down or makes you want to drink or use is **harmful**. A people interaction that lifts your mood and supports your recovery is **helpful**.



How does depression affect the way you relate to other people?

When you feel depressed, you might:

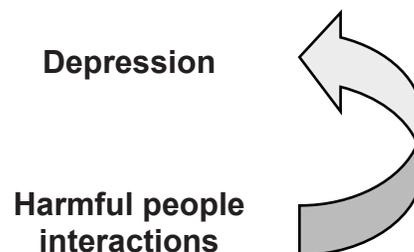
- Have less contact with people and avoid people.
- Be more irritable.
- Have more conflict or tension with people.
- Feel more uncomfortable around people.
- Act quieter and less talkative.
- Feel more likely you are being ignored, criticized, or rejected.
- Trust others less.



How do your interactions with other people affect your mood?

When you have less contact or harmful interactions (for example, frequent conflicts or abusive interactions) with other people you might feel:

- Alone
- Sad
- Angry
- Like no one cares
- Bored
- More depressed



How does drinking/using affect your interactions with people?

When you drink or use, you might:

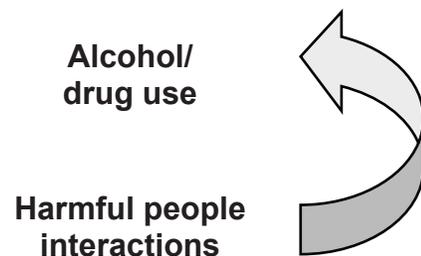
- Have less contact with people and avoid people.
- Be more irritable.
- Have more conflict or tension with people.
- Feel more uncomfortable around people.
- Act quieter and less talkative.
- Be more sensitive to being ignored, criticized, or rejected.
- Trust others less.



How do your interactions with people affect your drinking or using?

When you have less contact or harmful interactions with people, you might:

- Have stronger cravings
- Drink or use



How to Begin Having More Helpful Interactions with People

What activities would you be willing to try?

What activity could you do **in the next few days *with people or where other people are around*** that might be helpful, relaxing, or enjoyable?

Examples of activities you could do with other people or where other people are around:

- Attend the CBT group
- Call a friend
- Go to a free concert in the park



Your examples:

What do you think your mood might be after you do one of these activities?

Choose one or two activities and do them before the next CBT session.



KEY MESSAGES

Key messages from this session include:

- The interactions you have with other people can be harmful or helpful.
- Helpful interactions with people can improve your mood and support your recovery
- You can choose to spend time with people who have a positive effect on your mood and on your recovery.



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



PRACTICE

This treatment will be successful for you if you learn skills for managing your mood and your coping and you feel confident using these skills in your daily life. 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.

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. Choose one or more helpful activities to do around or with other people.

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 coping. Try to complete the Daily Check In at the same time each day—for example, before you go to sleep each night. As the treatment goes on and as you practice the skills you learn in each session, you will probably find that your mood improves and that you can manage your cravings more easily.

Notice at the bottom of the scale that we have asked you to circle "Yes" or "No" to indicate whether you were able to notice your people interactions each day.

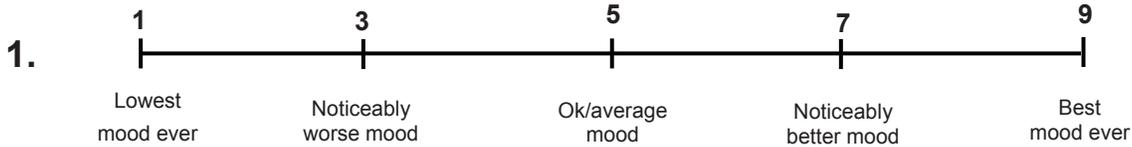
DAILY CHECK IN



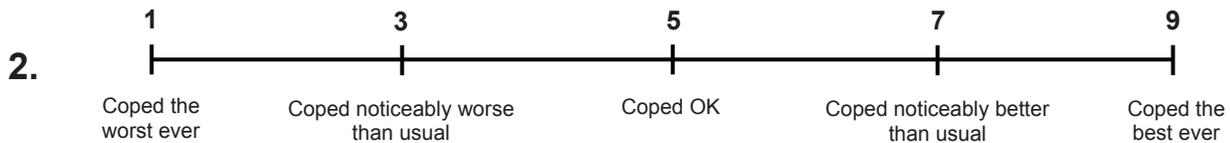
Instructions

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.
- Did you notice your people interactions? Circle "Yes" or "No" at the bottom.
- 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.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Lowest mood ever	1	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Coped the worst ever	1	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____	_____
Did you notice your people interactions each day?	Yes						
	No						

DAILY CHECK IN

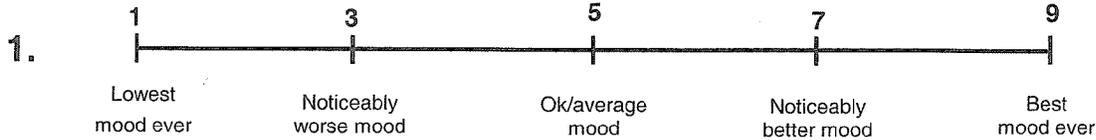


Instructions

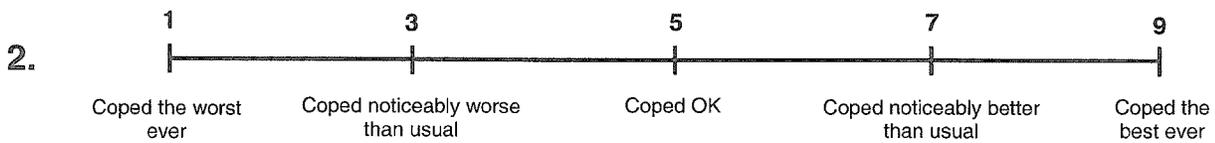
Today's Date: Oct. 24, 2007

- 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 be honest. You know how you have felt each day.
- Did you notice your people interacting with you each day?
- If you want to track your mood and how you coped with challenges to your recovery over a time longer than a week, write down your ratings on a calendar.

Sample



Write in the day of the week.		W	Th	FRI	SAT	SUN	M	Tues.
Mood	Best mood ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	1



Write in the day of the week.		W	Th	FRI	SAT	SUN	M	Tues.
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	1

3.

Write in the day of the week.	W	Th	FRI	SAT	SUN	M	Tues.
Did you notice your people interactions each day?	Yes No						



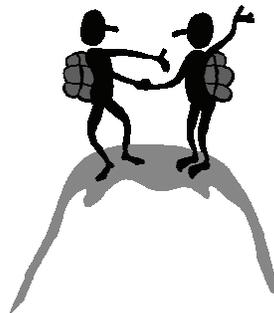
FEEDBACK

- 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?



LOOKING AHEAD

In Session 2, we will talk about how to meet new people.



SESSION 2: INCREASING YOUR HELPFUL INTERACTIONS WITH PEOPLE

PURPOSE

- Identify the people who support you in helpful ways.
- Learn how to meet new people and make your support network larger and stronger.
- Identify roadblocks to meeting new people and learn how to get around them.

OUTLINE

Announcements

Review

New Topic: Increasing Your Helpful Interactions with People

Mapping Your Social Support Network

How to Meet New People

Getting Around Roadblocks

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

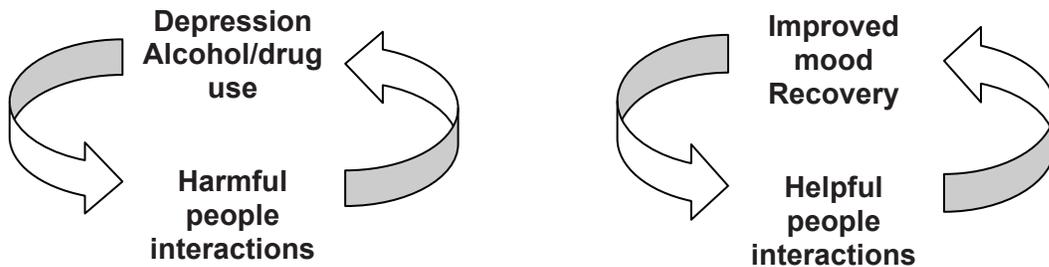
The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



REVIEW

Last Session



Key messages from last session are:

- The interactions you have with other people can be harmful or helpful.
- Helpful interactions with people can improve your mood and support your recovery
- You can choose to spend time with people who have a positive effect on your mood and on your recovery.

Today we will talk more about the links among your people interactions, recovery, and mood.

Practice

Last session, we asked you to complete these practice activities.

How did your practice go?

- 1. Pick one helpful activity to do around or with people.***
- 2. Track your mood and coping using the Daily Check In.***

NEW TOPIC: INCREASING YOUR HELPFUL INTERACTIONS WITH PEOPLE

Mapping Your Social Support Network



Your social support network is made up of the people who are near you such as family, friends, neighbors, co-workers, sponsors, doctors, counselors, and spiritual leaders/teachers.

1. Each square on the next page is labeled for a type of support that people can give you:

- Practical support
- Advice or information
- Companionship
- Emotional support

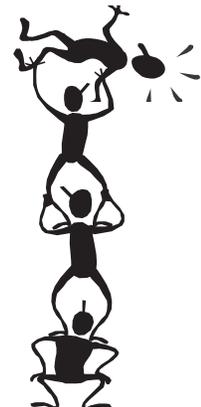
2. Think about people who give you each kind of support. Write their names in the squares. For example, who helps you with practical, everyday things? Who would give you a ride to the doctor or hospital, loan you something, or help you move?

3. The same name can be written in more than one square.

For example, if your doctor gives you advice, you would write that name (or just “doctor”) in the Advice square. If your brother gives you practical support, emotional support, and advice, write his name in all three squares.

4. If you have a square with no names in it, put a question mark in that square.

5. Social support goes two ways. Who leans on you for practical support, advice, companionship, or emotional support? Write the names of the people **you** support in the squares.





Practical Support

Who would drive you to the hospital? Loan you something?

Who supports you?

Who do you support?

Advice or Information

Who do you ask for advice if you are in need or don't understand how to do something?

Who supports you?

Who do you support?

Companionship

Who is good company? Who will walk around the park with you, or share your joys?

Who supports you?

Who do you support?

Emotional Support

Who do you share your feelings with? Who encourages you, or helps you feel less depressed?

Who supports you?

Who do you support?

1. Balance your social support network.

After you have completed the squares, what do you notice?

- How many people did you think of?
- Where do you have plenty of support?
- Where are there gaps in support?
- Was there anyone whose name you wrote down a lot?
- Do you rely too much on one person for getting different kinds of support?

2. You may need to meet people and make friends who do not use drugs or alcohol.

If you have recently stopped using drugs or alcohol, you may notice that most of your recent contact with other people involved alcohol or drugs. This “People” module of CBT will help you think about how to make new friends that offer healthy, positive support, and say goodbye to relationships that are not helpful in supporting your recovery or improving your mood.

3. It will improve your mood to be supportive of other people.

No matter how hard our own lives are, most of us find that it feels good to help somebody else. We each have special abilities, talents, and skills that can be used to help others we care about.

- Who do you support?
- Who would count on you as part of their social support network?
- Is there someone you would like to begin supporting?

How to Meet New People

The easiest way to meet people is to do something that you like doing, and do it with other people or by yourself but where other people will be around. Even if you don't make a new friend, you will be doing something pleasant, you won't feel like you wasted your time, and there won't be any pressure on you to meet people.

Choose activities where there will not be alcohol or drugs and where you can meet people who do not use alcohol or drugs.

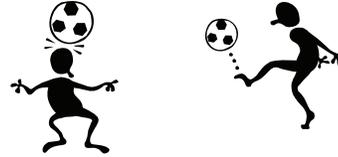
Be patient. New friendships develop slowly. You can test a new acquaintance for trustworthiness and keep yourself physically and emotionally safe by taking small steps or pacing yourself. For example:

1. Make plans to have coffee. Meet in a public place and take care of your own transportation. Make similar arrangements for the next few times you get together.
2. The next step might be to meet for dinner or a movie.
3. Later, you might agree to share a ride, or spend more time together.

What activities could you do around other people?

- Attend church

- Take dance lessons



- Play softball

- Attend sports events

- Hear a free music concert in the park



- Go to Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings

- Volunteer (at an animal shelter or litter pickup day, for example)

- Help a neighbor mow the lawn



- Join a club

- Go to a museum, movie, or play

Making Plans to Get to Know Someone Better

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

1. Identify a person you would like to get to know better. Somebody at church? Somebody in your AA group? A neighbor? A parent of one of your children's friends? If you don't know the person's name, write a description such as: "The friendly woman at church."



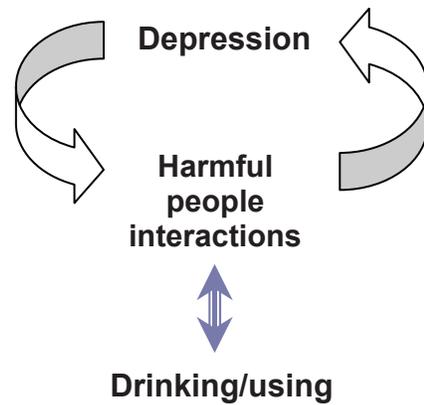
2. What step can you take before the next session to get to know this person better?

Getting Around Roadblocks

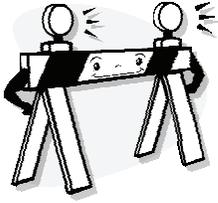
Your depression might lead you to feel like avoiding other people and spending time only by yourself. Doing this may make you feel more depressed, more alone, and more like using alcohol or drugs.

Or

When you use alcohol or drugs, you may have contact mostly with other people who drink or use. This lack of healthy interactions with people may lead you to feel depressed.



But it doesn't have to be this way. You can feel better and enjoy people again.



Why is it difficult to begin new relationships?

Some common roadblocks are listed below. What could you do to get around the roadblocks? **Write your own roadblocks** and possible solutions at the bottom of the list.

Examples of Roadblocks

Ideas for Getting Around the Roadblocks

I have no sober friends.	<ul style="list-style-type: none"> • Begin to make new friends. • Attend a sober support group (for example, AA). • Choose an activity you can do alone but with other people around so that you might meet someone new.
I am feeling irritable.	<ul style="list-style-type: none"> • Remember: Feeling irritable is a symptom of your depression and recovery. Interactions with people will help you feel better. • Go to your sober support group (for example, AA).
I don't know how to meet new people.	<ul style="list-style-type: none"> • Start by doing activities you enjoy, but where other people will be around.
I think that sober people won't understand me.	<ul style="list-style-type: none"> • Replace the harmful thought with a helpful thought. For example: "I don't know for sure that sober people won't understand me. Some will, and some won't. I will give them a chance."
I don't trust people.	<ul style="list-style-type: none"> • Take it slow and learn who you can trust.
I'm afraid of being criticized.	<ul style="list-style-type: none"> • Understand that you probably feel more sensitive because you are depressed and in recovery. • As you meet new people, look for new friends who are honest with you but supportive.
I had a really bad experience with somebody.	<ul style="list-style-type: none"> • Know that relationships don't always work out. • Let the new relationship grow slowly while you and the new person get to know each other. • Remember to not overgeneralize (one bad experience doesn't mean all future relationships will also be bad).
I'm afraid people won't like me.	<ul style="list-style-type: none"> • Think a helpful thought such as: "I am an interesting person. Just as I don't like everyone, everyone may not like me, but many people will—especially if I let them get to know me."



KEY MESSAGES

Key messages from this session include:

- You can learn how to notice and examine your interactions with people to decide if they are harmful or helpful to you.
- Balance your social network with people who help you and with people you can help, to improve your mood and support your recovery.
- Meeting new people can be challenging. Planning to do activities around others, making a specific plan to get to know someone better, and allowing yourself to develop new friendships slowly may make it easier.



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



PRACTICE

1. Take a step to get to know somebody better.

2. Track your people interactions using index cards.

- Use one separate card for each day (using either the separate index cards or the “cards” printed in your workbook).
- Write the day of the week on the cards. For example, if you start tracking your people interactions 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 describe 4–5 negative (harmful) people interactions that you have that day. Mark the other side of the card with a plus sign (+) and on that side describe 4–5 positive (helpful) people interactions that you have 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 at the bottom of the Daily Check In a place where you write in the number of harmful and helpful people interactions you have each day. Of course you won’t notice every people interaction that you have in the course of a day— but try to become more aware of the people interactions you have when you are depressed or have cravings to drink/use. Eventually, you may notice that on the days when you have fewer harmful people interactions, your mood and cravings will be better.

Example

People Interactions, Day 1 - 
Thursday
(Write in the day of the week.)
Slept late.
Skipped AA meeting.
Had lunch with drinking buddies.


Flip the card over



People Interactions, Day 1 + 
Thursday
(Write in the day of the week.)
Called my sister.
Walked to grocery store.
Barbecued with neighbor.

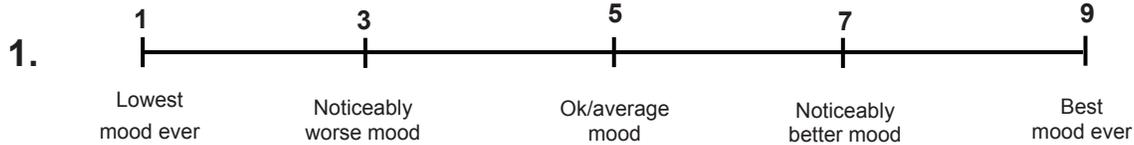

DAILY CHECK IN



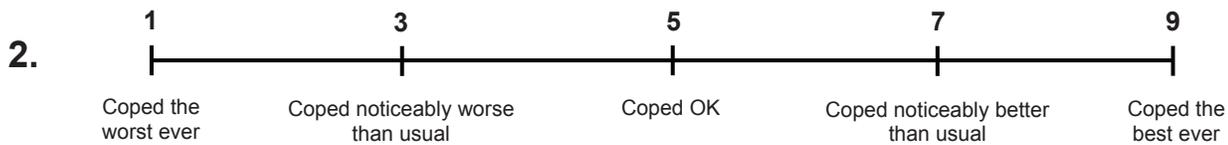
Instructions

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.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had 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.



Write in the day of the week.		—	—	—	—	—	—
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1



Write in the day of the week.		—	—	—	—	—	—
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
	Coped noticeably worse than usual	4	4	4	4	4	4
	Coped the worst ever	3	3	3	3	3	3
		2	2	2	2	2	2
		1	1	1	1	1	1

3.

Write in the day of the week.	—	—	—	—	—	—
Number of harmful people interactions						
Number of helpful people interactions						

People Interactions, Day 1 — 

(Write in the day of the week.)

People Interactions, Day 1 + 

(Write in the day of the week.)

People Interactions, Day 2 — 

(Write in the day of the week.)

People Interactions, Day 2

+



(Write in the day of the week.)

People Interactions, Day 3

-



(Write in the day of the week.)

People Interactions, Day 3

+



(Write in the day of the week.)

People Interactions, Day 4 — 

(Write in the day of the week.)

People Interactions, Day 4 + 

(Write in the day of the week.)

People Interactions, Day 5 — 

(Write in the day of the week.)

People Interactions, Day 5

+



(Write in the day of the week.)

People Interactions, Day 6

-



(Write in the day of the week.)

People Interactions, Day 6

+



(Write in the day of the week.)

People Interactions, Day 7

—



(Write in the day of the week.)

People Interactions, Day 7

+



(Write in the day of the week.)



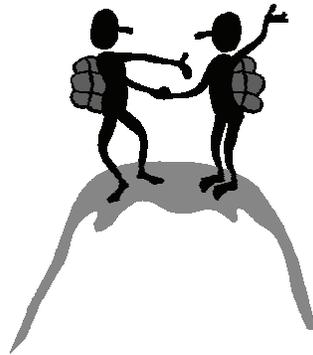
FEEDBACK

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



LOOKING AHEAD

We have talked about how to notice your people interactions and begin to have more contact with people. In Session 3 we will talk about how to make your people interactions more helpful with good communication.



SESSION 3: GOOD COMMUNICATION FOR HELPFUL PEOPLE INTERACTIONS

PURPOSE

- Learn that good communication can improve your interactions with other people.
- Learn how to listen actively.
- Understand that assertive communication can improve your mood and support your recovery.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: Good Communication for Helpful People Interactions

Listening Well

What Is Your Communication Style?

Making Requests Assertively

Expressing Your Feelings and Thoughts Assertively

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

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

Is there anything you need to let the leader know about?

HOW HAVE YOU BEEN FEELING?

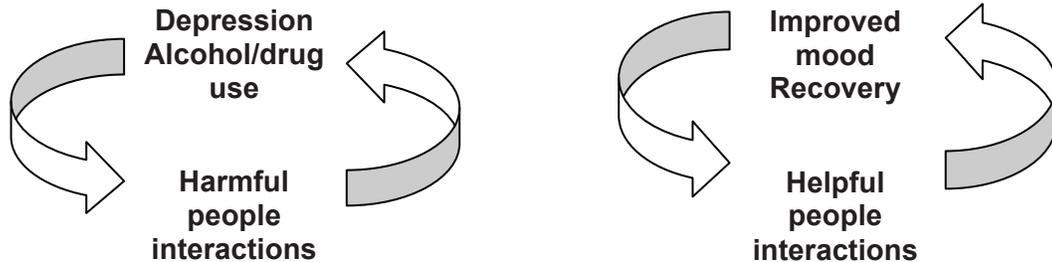


You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

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



Key messages from last session are:

- You can learn how to notice and examine your interactions with people to decide if they are harmful or helpful to you.
- Balance your social network with people who help you and with people you can help, to improve your mood and support your recovery.
- Meeting new people can be challenging. Planning to do activities around others, making a specific plan to get to know someone better, and allowing yourself to develop new friendships slowly may make it easier.

Today we will talk about how good communication can make your people interactions more helpful.

Practice

Last session, we asked you to complete these practice activities.

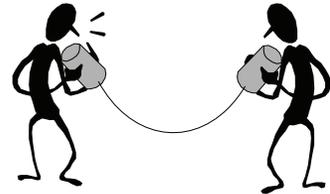
How did your practice go?

- 1. Take the first step towards getting to know somebody better.***
- 2. Track your harmful and helpful people interactions on index cards.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: GOOD COMMUNICATION

Listening Well

In this session, the focus is on communication, including both listening and talking. Good communication is an important ingredient of helpful relationships.



Active listening is important in any relationship. Active listening means to give your full attention to the conversation and hear everything the other person says. Try doing some active listening.

- Get together with one other person in the group.
- Take turns talking about *what kind of person you are trying to become or another topic that is important to you*. Each person has about five minutes to talk.
- The other person will not interrupt you.



If you are the speaker, think about the following.

Is your partner listening to you? How do you know?

What did your partner do that helped you know he or she was listening?

What was not so helpful about what your partner did?

How do you feel? Did it improve your mood to share your thoughts and feelings with somebody who was really listening?

If you are the listener, think about the following:



Try to show that you are really listening; for example, look at your partner and nod your head as he or she speaks.

Notice your partner's tone of voice and body language in addition to the words.

What did your partner say that was most important to him or her?

After your partner is finished talking, restate what you think was the most important thing your partner said, using your own words. Say: "Let me see if I get what you mean..."

Ask your partner if you understood both the facts and the feelings. Give your partner a chance to explain if you didn't hear or understand correctly.

How do you feel? Did it improve your mood to be a good listener for somebody who was sharing thoughts and feelings?

Active listening—whether you are the speaker or the listener—makes your interaction with people more helpful and can improve your mood.



What Is Your Communication Style?

Three Basic Communication Styles

Style	Description	Example (situation: waiting in a long line)	Example (situation: conflict with another person)	Respects wishes of others	Respects own wishes
Passive 1	Holding in or withholding how you feel or think.	"I guess there's nothing I can do. I'll just go home."	(Saying to self) "Oh no, when will this ever end?"	Yes	No
Aggressive 2	Expressing your thoughts or feelings in outbursts—shouting, yelling, arguing, throwing things, or hitting people.	"Look, I've been waiting for over an hour! When is someone going to help me? You guys must be idiots!"	"You are an evil person! Everything you do is just to drive me crazy!"	No	Yes
Assertive 3	Expressing positive or negative feelings and thoughts calmly, honestly, and respectfully.	"Excuse me, I know you're really busy, but I really need some information about my housing application. Is there someone I can talk to?"	"I feel bad when I think I have been put down and I don't like how I feel when I put you down. Can we talk about what we can do to be nicer to each other?"	Yes	Yes

Questions to think about:

- If you were _____ (passive, aggressive, or assertive), how might you get your point across?
- If you were _____ (passive, aggressive, or assertive), how well do you think others would understand you?
- If you were _____ (passive, aggressive, or assertive), how would you feel?

What Is Your Communication Style?

Which communication style do you tend to use?

How do you think it affects your mood and your recovery?



Which style do you want to use more often to improve your mood and support your recovery?

An assertive communication style:

- Respects your feelings, wishes, thoughts, and opinions and is the most likely to help your mood and support your recovery.
- Respects the feelings, wishes, thoughts, and opinions of other people.
- Gives you a tool for handling conflicts with other people.
- Allows you to express your feelings and thoughts clearly.
- Increases the chance that you can work with the other person to get what you need or want.
- Decreases the chance that you will be forced to do something you do not want to do.



Think about who you are assertive with and who you could be more assertive with.

Making Requests Assertively

Assertiveness means being able to make positive, clear, direct requests.

- You ask for what you want and need.
- When others know what you want and need, they can better help you.
- You can choose to ask for support, respecting the rights of others to say no.

Steps for making a request assertively:

1. Decide what you want or need.

2. Identify who can help you.

3. Choose words to ask for what you need in a way that is clear and direct. Tell the person exactly what you would like and why this will help you. (Also choose your tone of voice.)

Examples:

Indirect requests		Direct requests
I'm really tired of washing dishes.	➔	I would appreciate it if you would help me wash the dishes.
I can't be expected to fill out this application alone.	➔	Could you help me fill out my SSDI application?
Boy, the trash can is full.	➔	Could you please take out the trash in the next half hour?
Don't tell me you brought beer here.	➔	Please don't bring alcohol to my house under any circumstances.

4. Tell the other person how it would make you feel if they did what you asked.

5. Acknowledge the person. Be ready to say: “Thank you” or “I am glad that you told me your point of view” or “I know that you are really busy.”

Give It a Try: Make a Request

Think of something important you want or need. What do you want to ask for?

Who will you ask (friend, family member, doctor)?

What words will you use? What tone of voice will you use? Don't forget to tell the other person how it would make you feel to get what you want or need.

Now practice making this request with a partner or with the whole group, and ask what they think. Did your request sound passive, aggressive, or assertive? How did it affect your mood to ask for what you want in this way? Was it more satisfying than “holding it in?”

Expressing Your Feelings and Thoughts Assertively

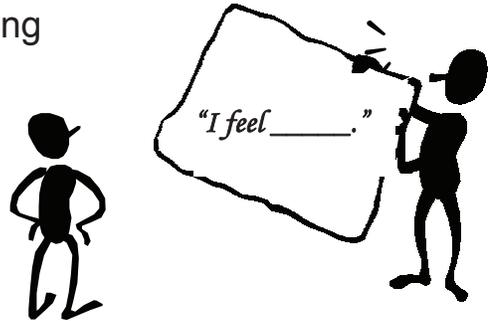
Assertiveness means being able to express positive or negative feelings and/or thoughts calmly, honestly, and respectfully to another person. This includes saying clearly when you do not want to do something. Expressing how you feel begins with “I” statements.

“I feel”

I feel hurt because I feel that I’m being yelled at.

I feel sad when I’m not appreciated for all that I do.

I feel angry when you offer me a drink when you know I’m trying to quit.

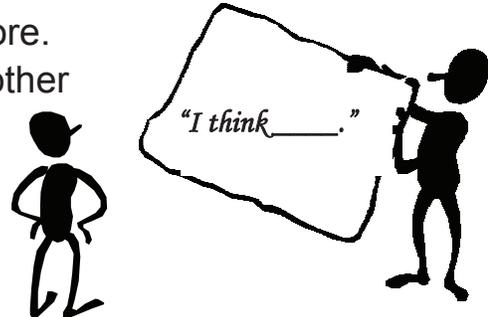


“I think”

I think we need to talk things out more.

I think we need to spend time with other people.

I think you have blamed me for something I didn’t do.



Some of the same steps you used when making a request apply here, too. For example:

- 1. Decide what you are feeling or thinking.**
- 2. Decide who you want to express yourself to.**
- 3. Try to use “I” statements (“I feel...,” “I think...”) rather than “you” statements (“You always do that,” “You just don’t understand”).**

4. Decide if there is something you need as a result of your feelings or thoughts. The other person may not agree with your way of thinking or understand your feelings. Decide ahead of time if there is something you want to ask for. Ask for what you need in a way that is clear and direct.

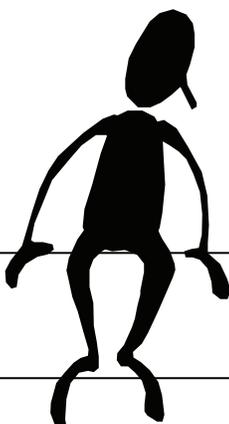
5. Acknowledge the person. For example, be ready to say: “Thank you.”

Give It a Try: Express Your Feelings and Thoughts

Imagine a situation where you want to express how you feel or think to another person. You could be talking with a person you are having problems with. Try to include some “I” statements. What words would you say?

How do you think the person would react?

How do you think you would feel if you expressed yourself in this way?



My Rights

1. I have the right to let others know my feelings as long as I do it in a way that is respectful of their feelings.
2. I have the right to let others know my thoughts and opinions as long as I do it in a way that is respectful of their thoughts and opinions.
3. I have the right to request that others change their behavior when their behavior affects me.
4. I have the right to accept or reject anything that others say to me.
5. I have the right to decide whether or not I will do what others ask of me.

You have the right to feel safe!

Tell your group leaders if you are in a relationship in which you are afraid you may be hurt physically. You can get help and support. There are services that specialize in helping people who are in relationships where there is domestic violence.



KEY MESSAGES

Key messages from this session include:

- You can choose to communicate with others in a way that improves your relationships and your mood, and that supports your recovery.
- Active listening is an important part of communication.
- You have a right to express your thoughts, feelings, and needs. Using assertive communication can be an effective way to do this.



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



PRACTICE

1. Decide when and with whom you would like to:

- make a request assertively.
- express your feelings and thoughts assertively.
- carry out your plan before the next session.

2. Track your harmful and helpful people interactions using index cards.

3. Track your mood and your coping using the Daily Check In.

My Commitment

I will get together with this supportive person before the next session.



I will be assertive with this person before the next session.



Your Signature

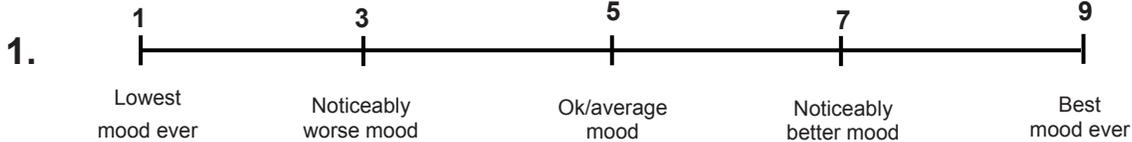
DAILY CHECK IN



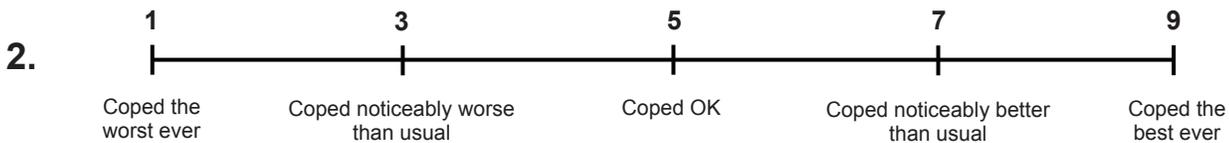
Instructions

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.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had 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.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
		2	2	2	2	2	2
	Lowest mood ever	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
		2	2	2	2	2	2
	Coped the worst ever	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						

People Interactions, Day 1

—



(Write in the day of the week.)

People Interactions, Day 1

+



(Write in the day of the week.)

People Interactions, Day 2

—



(Write in the day of the week.)

People Interactions, Day 2 +



(Write in the day of the week.)

People Interactions, Day 3 -



(Write in the day of the week.)

People Interactions, Day 3 +



(Write in the day of the week.)

People Interactions, Day 4

—



(Write in the day of the week.)

People Interactions, Day 4

+



(Write in the day of the week.)

People Interactions, Day 5

—



(Write in the day of the week.)

People Interactions, Day 5

+



(Write in the day of the week.)

People Interactions, Day 6

-



(Write in the day of the week.)

People Interactions, Day 6

+



(Write in the day of the week.)

People Interactions, Day 7

—



(Write in the day of the week.)

People Interactions, Day 7

+



(Write in the day of the week.)



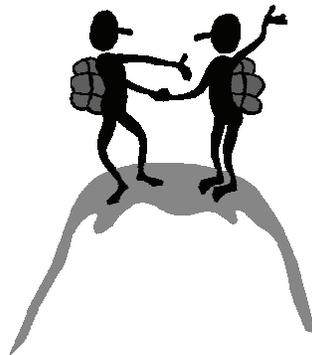
FEEDBACK

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



LOOKING AHEAD

We began this module by talking about how to notice your people interactions and decide if they are harmful or helpful. We also talked about how to change your people interactions by meeting new people and communicating more effectively. In Session 4 we will talk about coping with difficult situations.



SESSION 4: COPING WITH DIFFICULT SITUATIONS

PURPOSE

- Learn that your mood and cravings can go up or down based on the interactions you have with other people.
- Understand that you can choose what kind of people interactions you have.
- Understand that you can change direction at any point and improve your people interactions.

OUTLINE

Announcements

Review

New Topic: Coping with Difficult Situations

One People Interaction Leads to Another: A Chaining Activity

You Can Change Direction at Any Time

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

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

Is there anything you need to let the leaders know about?



REVIEW

Last Session

Key messages from last session are:

- You can choose to communicate with others in a way that improves your relationships and your mood, and that supports your recovery.
- Active listening is an important part of communication.
- You have a right to express your thoughts, feelings, and needs. Using assertive communication can be an effective way to do this.

Today we will talk more about the links among your people interactions, recovery, and mood.

Practice

Last session, we asked you to complete these practice activities.

How did your practice go?

1. Make a request assertively. Express your thoughts and feelings assertively.

2. Keep track of your harmful and helpful people interactions on index cards.

3. Track your mood and coping using the Daily Check In.

NEW TOPIC: COPING WITH DIFFICULT SITUATIONS

One People Interaction Leads to Another: A Chaining Activity



The cycle of depression and drinking/using can begin with a straightforward fact or event.

- You lose a job.
- You lose a friend due to a move.
- You don't have contact with your family.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped using drugs or alcohol.



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

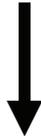
As your mood changes, how do you think this affects your cravings (desire to use)?

Are you more likely to crave (want to use) alcohol/drugs when your mood is good, or when it is 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 an interaction with someone that would bring your mood down. You can also think about how *avoiding* contact with people might bring your mood down. What interaction (or lack of interaction) with people might bring your mood down just a little? **Write that interaction next to #4.**
- 3.** Think of a continuous chain of interactions with people that make you feel worse, until your mood is at its lowest. Write that chain of people interactions on lines #3, #2, and #1.
- 4.** Complete the rest of the chaining activity going up. What is a people interaction that would make your mood improve just a little? Write that interaction next to #6.
- 5.** Fill in lines #7 and #8.
- 6.** What people interaction would make you really happy? Write that next to #9.

Sample

Best mood	9.	Invite my friend to dinner.
	8.	Call my friend to try to resolve the argument.
	7.	Write my friend a letter expressing my feelings about our fight.
	6.	Talk with another friend to get advice.
Okay/ average mood	5.	My friend and I had a fight.
	4.	Tell my partner that my friend is awful.
	3.	Don't call my friend when we usually talk.
	2.	Ignore my friend when I see her.
Worst mood	1.	Cancel the trip we had planned.

Your Chaining Activity



Best mood	9.	
↑	8.	
	7.	
	6.	
Okay/ average mood	5.	Statement of fact _____
↓	4.	
	3.	
	2.	
Worst mood	1.	

The chaining activity illustrates that:

- Your interactions with people—or lack of interactions—affect how you feel.
- You can choose how you interact with other people, who you interact with, and how you spend your time together.
- Helpful interactions with people are likely to lead to more helpful interactions, bring your mood up, and support your recovery.

You Can Change Direction at Any Time



In any situation, you can stop and check your thoughts and your behavior. Do your thoughts and behaviors make you feel good and support your recovery? If not, you can change direction and change what you think and do. It's your choice.

What are some difficult situations you might face while in recovery?

Notes to Yourself: How to Keep Going in the Right Direction	
Difficult situations	What could you think and do?
You see your dealer and he or she offers you drugs.	Assertively tell the dealer, <i>"I'm working to stay clean; don't offer me drugs anymore because I don't want them."</i> Think about the reasons you want to stay in recovery and how good your life can be without drugs.
You buy drugs from your dealer and take them home.	You may be off-course, but you can still make a u-turn and go in the right direction. Throw the drugs away. Call your sponsor and talk about what happened. Avoid the situation next time by staying away from places where you know the dealer hangs out.
You go to a family party and some of your family members are using drugs.	
A group of friends tells you that you aren't any fun since you stopped drinking.	



KEY MESSAGES

Key messages from this session include:

- Choosing helpful interactions with people can lead to more helpful interactions with people.
- You have choices about what you think and do.
- You can change what you think and do at any point. When an interaction with someone else is harmful, you can make a u-turn.



What do you want to remember about this module?

Write your own key messages here.



1. Practice making your interactions with people more helpful.

Find a situation before the next session where you can practice making a u-turn.

- Stop and check what you are thinking or doing.
- Decide whether the situation is harmful or helpful.
- If the situation is harmful, try doing something different—change your thoughts and behavior to get into a better situation.

2. Track your helpful and harmful people interactions using index cards.

- 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 people interactions 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 people interactions that you have on that day. Mark the other side of the card with a plus sign (+) and write 4–5 helpful people interactions that you have on the same day.
- Bring your cards with you to the next session.

3. Track your mood and coping using the Daily Check In.

Continue to count the number of harmful and helpful people interactions you have each day.

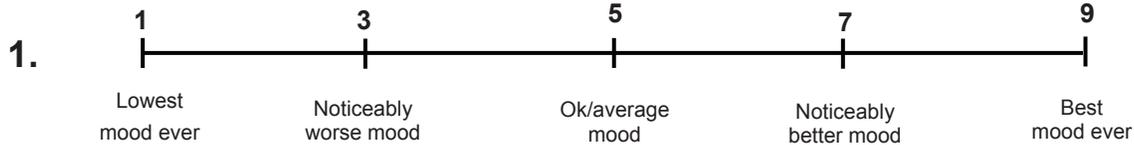
DAILY CHECK IN



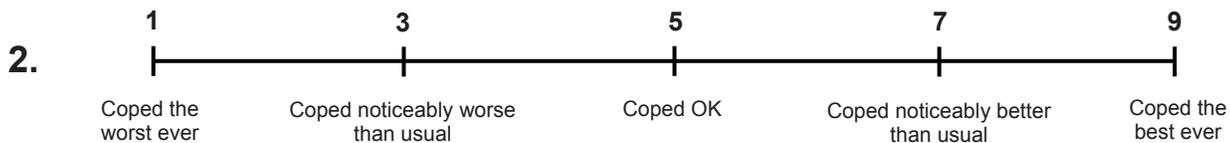
Instructions

Today's Date: _____

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- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had 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.



Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
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		8	8	8	8	8	8	8
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	Ok/average mood	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1	



Write in the day of the week.		_____	_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	3	
	2	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1	

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____	_____
Number of harmful people interactions							
Number of helpful people interactions							

People Interactions, Day 1

—



(Write in the day of the week.)

People Interactions, Day 1

+



(Write in the day of the week.)

People Interactions, Day 2

—



(Write in the day of the week.)

People Interactions, Day 2

+



(Write in the day of the week.)

People Interactions, Day 3

-



(Write in the day of the week.)

People Interactions, Day 3

+



(Write in the day of the week.)

People Interactions, Day 4

—



(Write in the day of the week.)

People Interactions, Day 4

+



(Write in the day of the week.)

People Interactions, Day 5

—



(Write in the day of the week.)

People Interactions, Day 5

+



(Write in the day of the week.)

People Interactions, Day 6

-



(Write in the day of the week.)

People Interactions, Day 6

+



(Write in the day of the week.)

People Interactions, Day 7

—



(Write in the day of the week.)

People Interactions, Day 7

+



(Write in the day of the week.)



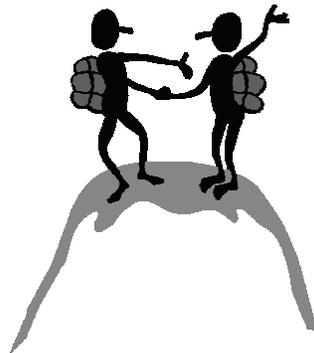
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD

In this session, you had a chance to practice coping with difficult situations. In Session 5, we will talk more about difficult situations and you will get some tips for coping with harmful relationships.



SESSION 5: COPING WITH DIFFICULT PEOPLE INTERACTIONS

PURPOSE

- Review the connections among interactions with people, mood, and recovery.
- Learn how to identify harmful relationships and minimize their impact on you.
- Identify old habits that get in the way of helpful relationships.

OUTLINE

Announcements

How Have You Been Feeling?

Review

New Topic: Coping with Difficult People Interactions

What Kind of People Interactions Bring Your Mood Down or Make You Feel Like Drinking/Using?

Old Habits That Get in the Way of Helpful Interactions with People

How to Begin to Change Those Old Habits and Improve Your Interactions with People

Key Messages

Practice

Feedback

Looking Ahead



ANNOUNCEMENTS

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

Is there anything you need to let the leaders know about?

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

What do you remember most from the last session?

Key messages from last session are:

- Choosing helpful interactions with people can lead to more helpful interactions with people.
- You have choices about what you think and do.
- You can change what you think and do at any point. When an interaction with someone else is harmful, you can make a u-turn.

Today we will talk more about coping with difficult situations and harmful people interactions.

Practice

Last session, we asked you to complete these practice activities. How did your practice go?

- 1. Practice making your people interactions more helpful.***
- 2. Track your harmful and helpful people interactions using index cards.***
- 3. Track your mood and coping using the Daily Check In.***

NEW TOPIC: COPING WITH DIFFICULT PEOPLE INTERACTIONS

What Kind of People Interactions Bring Your Mood Down or Make You Feel Like Drinking/Using?

Some situations are harmful for you because they bring your mood down or make it more likely that you will drink or use. You may also find that certain people in your life have a harmful effect on you. They can even be family members or close friends. These people and situations are your “triggers.”

Each person’s triggers may be different, but common triggers include:

- Somebody offers you alcohol or drugs.
- People drink or use around you.
- You get into an argument with another person.
- Somebody criticizes you.
- Celebrating with friends.

What are your triggers? Think about past experiences. When were you last depressed or when did you last drink or use? Who else was around?

Old Habits That Get in the Way of Helpful Interactions with People

Do you find yourself in the same harmful situations with people over and over again?

If you find that your trigger people interactions keep happening in your life, you may have “relationship rules” that are getting in your way.

People often have rules about relationships that guide the way they interact with others. Some rules are helpful. Some are harmful.

Most of us follow our relationship rules without even knowing that we have them. You can become aware of your rules and then decide whether they are helpful or harmful in your life.

Examples of Relationship Rules

Harmful rules

- “My feelings come last.”
- “Use others before you get used.”
- “If I make a mistake, then I am a bad person.”
- “If someone lets you down once they’ll always let you down.”
- “I can’t trust anyone.”
- “I should try to fix people I’m with.”
- “Others will only accept me if I don’t make waves or complain.”
- “I always need to be in a relationship because I can’t do anything on my own.”
- “I’m damaged goods so I shouldn’t expect to be treated well.”
- “I have to be responsible for everything.”
- “People always disappoint me.”
- “If someone hurts me, I have to get them back.”
- “It is ok to treat people badly when I am feeling badly.”
- “If I open up to another person, I will get hurt.”
- “It’s disrespectful to talk back.”
- “I don’t deserve a good relationship.”

Helpful rules

- “I am a valuable person and people around me have value too.”
- “I do not deserve to be abused or victimized, and I do not want to abuse or victimize others.”
- “I will try to avoid cruel people.”
- “I cannot control or be responsible for what other people do or say, only for what I do or say.”
- “I don't have to be perfect to be loved. People around me don't have to be perfect to be loved either.”
- “I will do my best to notice and show appreciation to people who are helpful and kind.”
- “I will always try to treat other people with respect and kindness.”
- “I will try to treat others as I would like to be treated.”

Where do relationship rules come from?

Relationship rules likely developed when you were growing up. You also may have developed relationship rules while you were drinking or using.

Relationship rules come from:

- Our environment
- Our families
- Our experiences
- The way people treat us
- Our fears

Many rules make sense, and may have been helpful when you were young. When you grow older or when you stop using drugs and alcohol, your environment changes. You have more control over your life and the types of people who are in your life. The rules you developed as children or while using may no longer be useful to you.

Is it time to try a new dance?

Being in a relationship is like dancing. When you are young, you learn to do one kind of dance. You may continue to do that dance as you grow older. But as the music begins to change, your dance may not work as well.



Or the dance that may have been helpful to you when you were using may not be helpful to you anymore. You may need to learn some new steps or a brand new style of dancing. Learning new steps is hard at first, but it gets easier with practice!

What rules do you go by when you interact with others? Write one *harmful* relationship rule.

Harmful relationship rule

Questions to think about:

- Where did your relationship rules come from? What things in your life made you create these rules?
- How have these rules affected you?
- Is your life different now than it was when you first learned your relationship rules?
- If a rule is no longer working, what change would you like to make to it?

How to Begin to Change Those Old Habits and Improve Your Interactions with People

Try looking more closely at a harmful relationship rule to come up with a rule that may be more helpful to you.

Harmful Rule (Thought) Your “old” relationship rule	Old Behavior How did you act with others with this old rule?	Feeling with Harmful Rule How did you feel with this old relationship rule?”	More Helpful Rule (Thought) What might be a more helpful relationship rule?	Feeling with More Helpful Rule How might you feel with this relationship rule?
“Others’ feelings come first.”	Never say no	Angry Frustrated	“My feelings can come first sometimes.”	Happy, relaxed
“If someone hurts me I have to get them back.”	Always quick to respond in anger to feeling hurt or disappointed	Angry On guard	“No one is perfect and conflicts can often be worked through.”	Hopeful Calm
Your examples:				

What steps can you take to begin to use a more helpful relationship rule?

Strive for balance

Many harmful relationship rules are unbalanced and inflexible. They use extreme words like *always*, *never*, *everything*, *everybody*, and *nobody*. You may not have to change your rules completely—just make them more balanced and flexible.

Example: “Trust no one” vs. “Take time to learn who I can trust.”

Plan ahead how you want to act with others

After you know what rules don’t work for you, you can toss them aside and make a choice about how you would like to be with others in a social situation.

For example, if you always used to say “yes” to everyone and ended up feeling drained, plan ahead how you will respond to others’ requests in the future. Maybe you will:

- Remind yourself to stop and think about whether you can really do what the other person is asking of you rather than immediately answering.
- Give yourself time to make a thoughtful decision by saying, “let me think about that and get back to you.”
- Have a phrase in mind to use if you can’t do something another person asks. For example, “I’d like to help you but I’m afraid I can’t do that right now. Maybe I can help out another time or in some other way.”

Act “As If”

- Think about what you might do and say if you had a more helpful relationship rule.
- Try acting “as if” this was your relationship rule. What is the result?



KEY MESSAGES

- Some people interactions may consistently bring your mood down and make it more likely you will drink or use.
- You can learn to notice these “triggers” and change the people interactions to make them more helpful.
- Relationship rules guide how you interact with others; you can change the relationship rules that are harmful and no longer work for you.



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



1. Review the helpful interactions with people you wrote down on index cards. In the next session, you will have a chance to think about which helpful interactions would be most helpful to you in the future to keep your mood up and support your recovery.

2. Track your mood and coping using the Daily Check In.

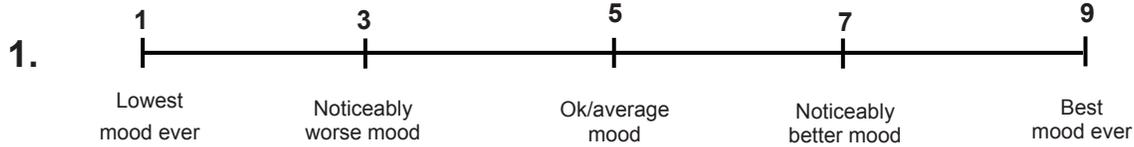
DAILY CHECK IN



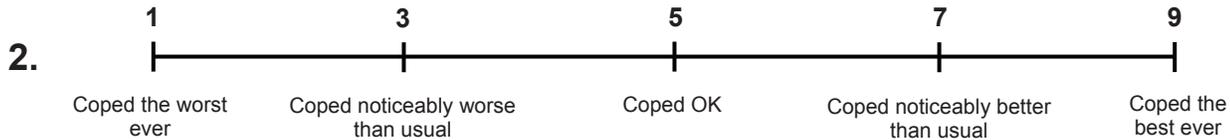
Instructions

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.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had 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.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
Noticeably worse mood	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Lowest mood ever	1	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
Coped noticeably worse than usual	3	3	3	3	3	3	
	2	2	2	2	2	2	2
Coped the worst ever	1	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						



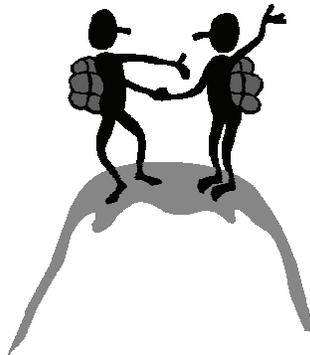
FEEDBACK

- What was helpful about today's session?
- What was less helpful?



LOOKING AHEAD

We have talked about some things you can do to improve your mood and support your recovery. In the last session of the module, we will give you more tools to take with you, review the module, and say goodbye to group members who have completed all three modules.



SESSION 6: CHANGING HARMFUL PEOPLE INTERACTIONS TO HELPFUL INTERACTIONS

PURPOSE

- Learn how to use Catch It, Check It, Change It to notice and improve your people interactions.
- Write down on a “Coping Card” helpful ways of interacting with people and other coping strategies you can use to keep your mood up and support your recovery.
- Say goodbye to graduating group members.

OUTLINE

Announcements

Review

New Topic: Changing Harmful People Interactions to Helpful Interactions

You Can Notice and Change Your Harmful People Interactions: Catch It, Check It, Change It

Coping Cards Can Help to Improve Your Mood and Support Your Recovery

Key Messages

Practice

Review of Module

Goodbye to Graduating Group Members

Feedback

Looking Ahead to the Next Module



ANNOUNCEMENTS

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

Is there anything you need to let the leaders know about?



REVIEW

Last Session

Key messages from last session are:

- Some people interactions may consistently bring your mood down and make it more likely you will drink or use.
- You can learn to notice these “triggers” and change the people interactions to make them more helpful.
- Relationship rules guide how you interact with others; you can change the relationship rules that are harmful and no longer work for you.

Today we will give you more tools for noticing your harmful people interactions and making them more helpful.

Practice

Last session, we asked you to complete these practice activities.

How did your practice go?

1. Review the helpful interactions with people you wrote down on index cards.

2. Track your mood and coping using the Daily Check In.

NEW TOPIC: CHANGING HARMFUL PEOPLE INTERACTIONS TO HELPFUL INTERACTIONS

You Can Notice and Change Your Harmful People Interactions: Catch It, Check It, Change It

CBT teaches you how to manage your people interactions to improve your mood and support your recovery. But many people find that it is difficult to notice how they behave with people in the first place.

You can learn how to notice, or “catch” the people interactions that make it more likely you will feel depressed and drink or use.

It may be that some people are not healthy for you and you choose to not have contact with them.

Or, you may find that you can improve how you interact with people—in the way you communicate, for example—to make an interaction helpful instead of harmful.

Finally, you can learn to think differently in certain situations with people to make the interaction helpful for you without the other people making any changes at all.



1. Catch It

The first step is to notice, or “catch,” your people interactions.

If you find that your feelings are easier to catch than your people interactions, you can use your feelings as a signal to stop and focus on an interaction. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself some questions:



- What was I doing when I noticed a change in my mood?
- Was I with somebody? If so, who?
- What was happening at the time?

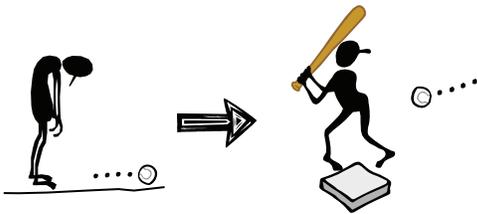
(Do you find it difficult to recognize your feelings? The examples of feelings on page 115 might help you recognize your feelings.)



2. Check It

CBT teaches you to examine your thoughts and behavior more closely. Is the people interaction helpful or harmful for you? What evidence do you have that the people interaction is helpful? What evidence do you have that your people interaction is harmful?

3. Change It



How could you change a harmful people interaction? Can you change direction to improve the situation?

“If you don’t change direction, you’ll wind up where you are headed.”

There are several things you can do to change a harmful people interaction.

- **Consider changing the way you are *thinking*** about or interpreting the situation.
 - Are you making assumptions about the other person that are not true? For example, assuming that another person is ignoring you on purpose when he or she might just be preoccupied with something else.
 - Are you expecting too much of the other person? Can you accept mistakes and imperfections in yourself and others?
- **Use assertive communication.** Remember to make requests and express your thoughts and feelings assertively.
- **Make a U-Turn.** You can change what you think and do at any point. When an interaction is harmful, you can make a u-turn and head in a healthier direction.

Change It—For Example

Suppose you've been sober for a week and are feeling really good. You call up your brother to tell him the good news. He tells you that he's proud of you but that he really can't talk now and he gets off the phone.

As you check your thoughts and feelings about this, you see that you feel sad. You have thoughts like, "If my brother really cared, he would have stayed on the phone." You are tempted to pour yourself a drink.

To improve this situation and change direction before you actually pour a drink, you could think to yourself thoughts like, "*My brother did say he was proud of me; just because he couldn't talk right when I called him doesn't mean he doesn't want to talk to me about being sober again. Maybe I just caught him at a bad time. I'll call him back at a time when I know he usually isn't busy.*"

- **Call a time out.** In an argument with another person, you can suggest that you both take some time out. Wait a few minutes or even hours and come back to the conversation when you have both cooled down. Say "*I'm having trouble thinking through things clearly right now. Could we take a break and get back together in an hour? I should be more in control then.*"
- **Consider saying goodbye to a relationship.** In extreme situations, if a relationship is always harmful, you might choose to end that relationship. For example, it is difficult to have a helpful relationship with the person who used to supply you with drugs, especially if that person is still using and/or dealing. You can choose to not see that person again. In abusive relationships, ending the relationship may be the best alternative. Please be aware that for certain types of abusive relationships, extra help is needed to make a safe exit. Talk with your counselor if you are in an abusive relationship.

Saying goodbye to a relationship is a very difficult decision. If you are uncertain about whether this is the right decision for you, before you take this big step try other solutions first and talk with a counselor.

In what other ways have you changed your harmful people interactions in the past?

Catch It, Check It, Change It

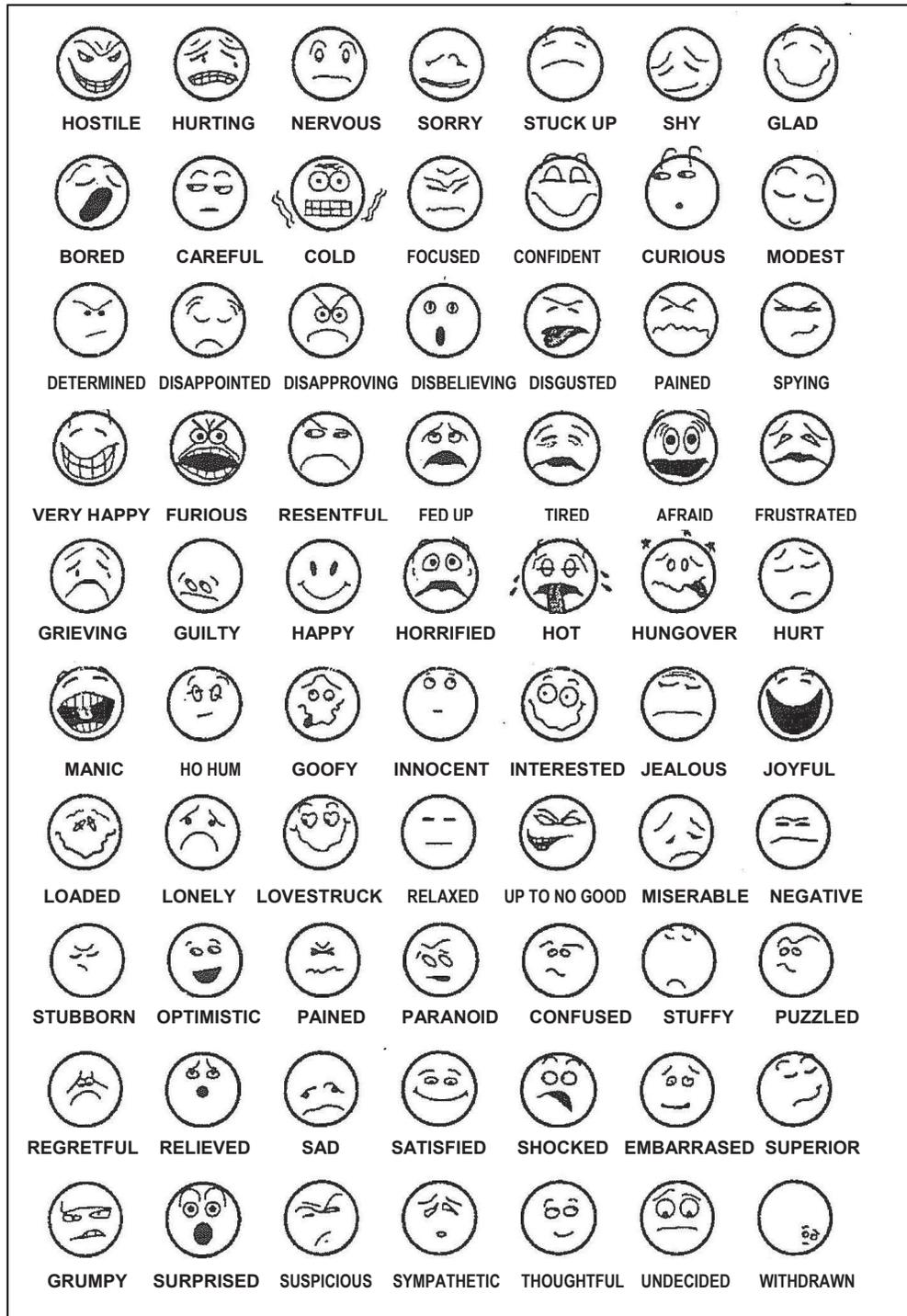
Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



What were your feelings? <i>Angry, ashamed, irritable.</i>	What was your people interaction at the time? <i>I was alone and slept until noon.</i>	Examine the interaction. Is it harmful or helpful? <i>Did I feel good? Did the interaction support my recovery? No, staying in bed late made me feel bad and increased my cravings.</i>	Replace the harmful interaction with a helpful interaction. <i>I could plan a helpful people interaction to do in the morning and set my alarm so I get out of bed.</i>

Examples of feelings and ways of being

Do the pictures help you remember how you feel sometimes?

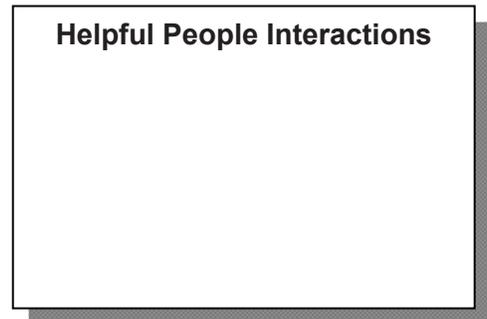


Coping Cards Can Help to Improve Your Mood and Support Your Recovery

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

- Use one 3” x 5” index card.
- On one side of the card, write “Helpful People Interactions” at the top. Write as many as you can think of. Try to think of interactions that have improved your mood in the past. Examples might be to visit a sober friend, play with your children, and so on.

Helpful People Interactions



On the other side of the card, write “Top 3 reasons I decided to quit,” and list the most important reasons why you decided to stop drinking or using. Remembering these things can help strengthen your commitment and motivation to stay clean.

Top reasons examples:

- To get my kids back
- To be happier with myself

Top 3 reasons I decided to quit





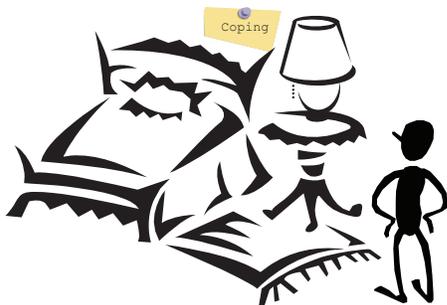
When you are feeling down or feel like drinking or using drugs, pull out your coping card and read it. It can help you get past the moment of stress.

Keep your coping card some place handy so you can pull it out and look at it whenever you feel down or have cravings. Where will it help you the most? If you find that you are interacting in harmful ways with other people, or if you have strong cravings during the day, carry your coping card in your purse or wallet so that you can take it out right away, wherever you are.



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 in on the refrigerator.





KEY MESSAGES

Key messages from this session are:

- You can learn to catch and check your interactions with people to decide if they are harmful or helpful to you.
- Strategies such as assertive communication, reinterpreting your interactions with people, taking a time out, and saying goodbye to harmful relationships can help you change situations and people interactions to make them more helpful.
- A coping card can help you remember the helpful people interactions in your life, keep your mood up, and maintain your recovery.



What do you want to remember about this module?

Write your own key messages here.



1. Keep using *Catch It, Check It, Change It* to notice, examine, and change your harmful people interactions.

2. Find a place to keep your coping card. Don't forget to look at it when you are feeling down or having cravings.

3. Track your mood and coping using the *Daily Check In*.

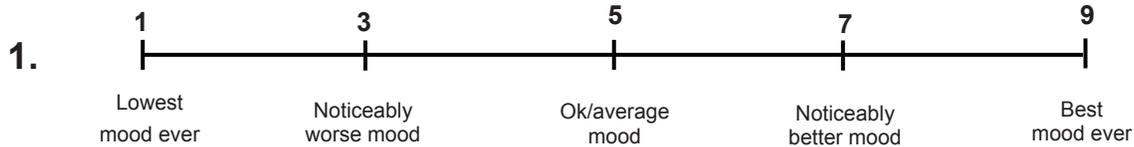
DAILY CHECK IN



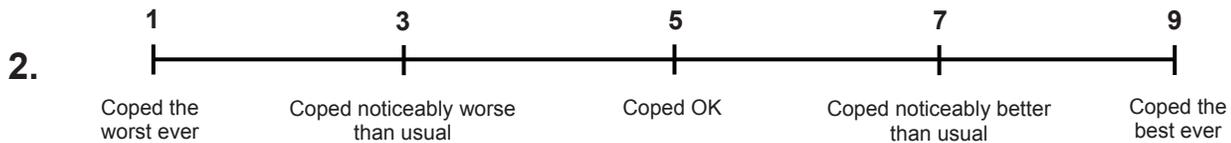
Instructions

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.
- Did you notice your people interactions? At the bottom, write in the number of harmful and helpful people interactions you had 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.



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Mood	Best mood ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Noticeably better mood	7	7	7	7	7	7
		6	6	6	6	6	6
	Ok/average mood	5	5	5	5	5	5
		4	4	4	4	4	4
	Noticeably worse mood	3	3	3	3	3	3
	2	2	2	2	2	2	
Lowest mood ever	1	1	1	1	1	1	1



Write in the day of the week.		_____	_____	_____	_____	_____	_____
Coping with challenges to my recovery	Coped the best ever	9	9	9	9	9	9
		8	8	8	8	8	8
	Coped noticeably better than usual	7	7	7	7	7	7
		6	6	6	6	6	6
	Coped OK	5	5	5	5	5	5
		4	4	4	4	4	4
	Coped noticeably worse than usual	3	3	3	3	3	3
	2	2	2	2	2	2	
Coped the worst ever	1	1	1	1	1	1	1

3.

Write in the day of the week.	_____	_____	_____	_____	_____	_____
Number of harmful people interactions						
Number of helpful people interactions						

REVIEW OF MODULE: PEOPLE, ALCOHOL/DRUG USE, AND YOUR MOOD

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

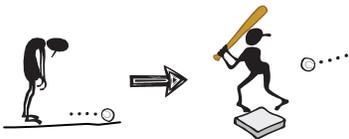
How have you made changes in your people interactions?



1. You can notice, or **catch**, your interactions with other people.



2. You can **check**, or examine, your interactions to see if they help you or harm you. A helpful people interaction is healthy for you—it makes you feel good and supports your recovery. A harmful interaction brings your mood down and makes it more likely that you will drink or use.



3. You can **change** the harmful interactions that get in the way of your good mood and recovery, and choose to have helpful people interactions instead.



What idea from the People module will help you the most? What will you remember? Write your ideas below.

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

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

Session 1: People, Mood, and Recovery Are Connected

- The interactions you have with other people can be harmful or helpful.
- Helpful interactions with people can improve your mood and support your recovery
- You can choose to spend time with people who have a positive effect on your mood and on your recovery.

Session 2: Increasing Your Helpful Interactions with People

- You can learn how to notice and examine your interactions with people to decide if they are harmful or helpful to you.
- Balance your social network with people who help you and with people you can help, to improve your mood and support your recovery.
- Meeting new people can be challenging. Planning to do activities around others, making a specific plan to get to know somebody better, and allowing yourself to develop friendships slowly may make it easier.

Session 3: Good Communication for Helpful People Interactions

- You can choose to communicate with others in a way that improves your relationships and your mood, and that supports your recovery.
- Active listening is an important part of communication.
- You have a right to express your thoughts, feelings, and needs. Using assertive communication can be an effective way to do this.

Session 4: Identify Your People Interaction Triggers

- Choosing helpful interactions with people can lead to more helpful interactions with people.
- You have choices about what you think and do.
- You can change what you think and do at any point. When an interaction with someone else is harmful, you can make a u-turn.

Session 5: Coping with Difficult People Interactions and Situations

- Some people interactions may consistently bring your mood down and make it more likely you will drink or use.
- You can learn to notice these “triggers” and change the people interactions to make them more helpful.
- Relationship rules guide how you interact with others; you can change the relationship rules that are harmful and no longer work for you.

Session 6: Changing Harmful People Interactions to Helpful Interactions

- You can learn to catch and check your interactions with people to decide if they are harmful or helpful to you.
- Strategies such as assertive communication, reinterpreting your interactions with people, taking a time out, and saying goodbye to harmful relationships can help you change situations and people interactions to make them more helpful.
- A coping card can help you remember the helpful people interactions in your life, keep your mood up, and maintain your recovery.



GOODBYE TO GRADUATING GROUP MEMBERS

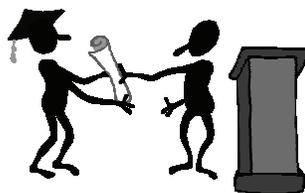
If you have completed all three modules in CBT, you are now a CBT graduate.

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 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 about today's session?
- What was less helpful?



LOOKING AHEAD TO THE NEXT MODULE

If you are continuing CBT, the next module is called “Thoughts, Alcohol/Drug Use, and Your Mood.” You will learn that your thoughts can be harmful or helpful and that they can affect your mood and your recovery.



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.

Published by Fireside Books, New York, New York, 1992.

Coping with Depression (videotape)

Author: Mary Ellen Copeland

Published by New Harbinger Publications, Inc., Oakland, California, 1994.

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.

Published by New Harbinger Publications, Inc., Oakland, California, 2000.

Mind Over Mood: Change How You Feel by Changing the Way You Think

Authors: Dennis Greenberger and Christine A. Padesky.

Published by Guilford Press, New York, New York, 1995.



READ WHAT PREVIOUS GROUP MEMBERS HAVE SAID ABOUT THIS GROUP!

“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.”