SESSION ELEVEN: RECOVERY THINKING

Unhealthy thoughts are reframed in this module, and healthy, recovery thinking is suggested.

Handouts cover ways to change thinking into newer, more positive thoughts.

Substances may hold meaning for the client, such as a cry for help, a way to self harm, a slow suicide, or a way to change the pain one feels.

SESSION ELEVEN: RECOVERY THINKING

Exploration of the individual's thinking can lead to much richer understanding of the client's distorted self perception.

Cognitive therapy is meant to, in this session, identify meanings patients create and helping clients shift from thoughts that are harmful to thoughts that are healing.

SESSION ELEVEN: RECOVERY THINKING

The author suggests bearing in mind, several points, including that that people with PTSD and SUD can feel ashamed and/or blamed when discussing negative thinking.

Identifying and changing one's thoughts is a difficult thing to do.

Use client-centered language; do not talk over your clients.

Allow rethinking to get to the core beliefs of the client.

HANDOUT ONE: NOTICE WHAT YOU SAY!

Guide patients to become more aware of the thoughts associated with substance use, PTSD and recovery.

Encourage clients to explore the thoughts that sound the most familiar, or the most like them.

- Nouce will	at You Say	
Recuvery thinking means	talking to yourself	with respect and support.
SUBSTANCE ARUSE THOUGHTS		
k Company the thoughts associated with so light column)	ostence use (left col	time) to the thoughts associated with recovery
Substance Abuse Thoughts	versus	Recovery Thoughts
"I seed it now" (Wants instant satisfaction)	aon	"I can wet" (Self-costs)
"I don't rere when the future" (charte to plan)	761292	"How will I feel laws?" (Able to plan)
"Hir-us should sharps go smoothly" (Can't talenate flustration)	versus	"Gan sciente inistration"
"I can de what I want" (Focused only on self)	MRFSUS	If i use i'l had my kids" (Rocused on self and others)
"I need drugs to numb the pain" (Can't tolerate bad moods)	100105	1 can tolerate helling down" (Can tolerate bed moods)
"Al-vinsore will be briding" (Afond of boledom)	//clans	"I can by sew trings" (Locates exciting activities)
"M never get over this" (Overnouses)	жимы	Take it a step at a time? (<i>Bolomo</i> co)
"l right as well use—πy ife's a mess" (Coeta's care)	vorsus	"Limitoti" (Cares)
"I'll only have one drink" (Channistic)	wester	", krow i can't use" (Boolser)
Trave no selfalociptine Stock	Weisus	" can learn soil discipline" (Speks to grow)
Southing Safety by the nating paint (2000). Two did to the same of time and then complete page for satur	by Par Guilford Press, Porn	(cont.) Listen to partitioning this formit granted to partition of this
	218	

HANDOUT ONE: NOTICE WHAT YOU SAY!

Understand that clients are likely to have a mix of both sides of the page. Consider what it is like to have conflicting messages in one's thought process.

* Compare the timughts associated as column)	ith PNO (left column) to the thoughts essociated with recovery (is,
PTSD Thoughts	VV/Sus	Recovery Thoughts
"I'm worthfree" (Rears soil syn)	WALE	"I def that twe?" (Builds self up)
"I want to cut my arm" (Self-photocone)	versus	T want to salve the problem (Constactive)
"(,don't matter" (Mephocts soil)	Versus	Threed to attend to my needs (Takes core of seif)
"Time"s no point" (Chades to de)	Serving	"He is wood I make it" (Chooses in Eve)
"I'll elwins be alone" (Isolates)	wistas	1 Ch correct* (Readles out)
"Lam my shoso" (Alerian kleri")	versus	" am A 'mman being' (Bread identity)
"Nothing will charge" (Aigh)	VHPUIÇ	"I can grow" (Staxible)
l need to dri k limets escapej	versus	Lean work on it (Controns problems)
"(m tothing" (Constains)	101965	"Per a decent person" (All-uning)
Ym bad" Neses scrip	WIES	"I'm good" (toxes roit)
Kud relationships are at 1 mm gel." Snys mits amade pos _b io)	(ve: aus	"I run lind good people" (Seeks safe neoole)
i con'e cepe" Glass 1991	ve-sus	l can try' (Seeks tofubous)
Suffering is all there is? Swest only polit;	venus	life is a mix Come priestant and point

HANDOUT TWO: RETHINKING TOOLS

Rethinking tools are ways for the clients to learn how to change their thinking by listing the options, noticing the source, imagine, praise oneself, and learn from experience.

IMPROUT

ecomy tolding

Rethinking Tools

Try the fallowing tools to change your thinking

* List Your Options *

in any sharking, but have chooses, and it helps to identify them. For example, David was living with his parents and inelling franthelle, like a losest "instead of continuing to port himself down; he sat down and made a like to the could be, (1) Control is according, put a job, and serm money in move out, (2) See if I can the with a friendh (3) Apply for distributy and move out; (4) See, with my corrects out spend more time on my core, we began to see made and choices and that it makes us to have to detail entiring times, rather than just it feeling but all about the institute of the among men, rather than just it feeling but all about the institute of the sample of the sample.

* Notice the Source *

jubio's reliking pour comething? Can this person be believed? What are that cerson's twes? Talk scalety is especially important when you are very quit used or given advice that you discrete with the example, butly's auth their telling begins war fail. Inty would get represent and earlierness, and sho begin to see that being talked to be that was fruit also, "at was discrepential." She began to see that her ount twee a viry unliappy person who took out her point on the people amount her.

+ linagine +

Create a mental picture that heips you feet botton. For example, Alfan Imagined his "heart exploding" when he had a particulate, and this would crast him feet more arrows. He changed the image to his heart as a "computer," hard word and solid incomputers don't just blow up and existed. You can picture it: Imagine yourself as a creath encouraging yourself, or an explaint embarking on a search, or an order ploying with postibilities. You can also use your imagination to "invent a possible world"—magine how you went the future to be, and if en more toward that (as in sports training, when an arbitise magine how you went the future to be, and if en more toward that (as in sports training, when an arbitise magine how you had before order. If

+ Praise Yourself +

leatice what you did right. Decades of especial show that the most powerful method of growth is positive reminder ement. The is the opposite of "beating yourself up" or "putting yourself down" inchiner of which works to make you better. Fled dray opportunity for praise, no read or low small. And be generous-there's no such thing as overcating if when it's well exemed.

. Learn from Experience .

End a meaningful lessor, that can note you sent time. For example, your asked to incommate to take his maripiese shalls out of the bours, and the incommate refused. The lesson the learned was "Thy commattee is not really large for meritary in the more of sither more out or find a new normants who is less all fin and wan't shall gow now in recovery."

(cace)

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HANDOUT TWO: RETHINKING TOOLS

Break down what is meant by each, and it may be helpful to have clients rehearse in the group. several a page not

ecovery Thinking

Crente a New Story

ind invital heptimed in a way that is respectful of yourself. For example, Jennifer used to think of herself as illuminated agod goods. Then telly she rewrite the story. "Involve there or involve and worlding reliable, and list alsense of colors when the label her has the vectors, and how the restly a good and doors think the following."

* Think of the Consequences *

Enabled the was and cost over the long term You feel blan having a nit of occurred thank feet great for 15 minutes. But in the long herm? You've wasted money! your occy with rock worn out, you may distinct you stall money, your family may be disapported.

· Exemine the Evidence

The a clientist or detecting strike to look at the facts observing. Notice buth sides, pro-parallicin. For example, justsaid. "carring stell drugs," the examine the evidence, to wrote down two last, Pro (e.g., Two bean using maritismal every coy for 3 months?) and doe reag. "I was able to quit for dinor this facts about?) Notice that the first million only facts, jets opinions. When his knowed in the lasts, he realized that he had had some past success with recovery and that a tree more more value to by again.

> Brahistorm +

iny to think of as many interpretations of a negative situation as possible for example, if someone cuts you off indiving, you could leap to "What a jet it has easies about anyone about 50 you good generate other instructions." Maybe the 2 other post formation and the bood to bood to bood to the bood to b

+ What's the Real Impact?

Sometimes if height to oak, "What is the real insection my life?" "you apply for algo and den't get it, you may feet decreased and wry to yourself, "tim incomplement," really blew the interview. This is terrible," But if you ask yourself, "What is the real impact?", you might their "flat, was tost one interview. There are many jobs out there, and I can keep pupply up on impose get new scenary, job controlling, practice, and working, or mod a book on how to get a job. This is not the end of the world." In text, most, a fundamental size, for the condedate.

Make a Desision :

If you've state, trayer necking an imperient root (as long at it's safe). Sometimes propring at sour if up into many posted ties of the attempt to find a "perfect" version that my feel panel nect, stack, or confused, when you got the view, it's actually better just to go alread and makes a does not be now, each though it may not be perfect but when the line you can recolute your decision, that for may, "Do something, stylling" (as king as it's safet) in better than feeling persistent and doing mething.

(cont.)

HANDOUT THREE: ABOUT RETHINKING

This handout talks about the skill itself, and what it means.

It normalizes that everyone has thoughts about themselves, and that changing the thoughts takes practice. HANDOUT 3

Recovery Training

About Rethinking

- Exercises is thinking, all the time, even when one is not aware of it. While awake, we are shops in a few costation" with a coveries (venetimes caled "self-tiels") it takes from the award ("What should it have for function") to the producted "why should up on with Meri") but do do it is busing it accords: it just beginn in refaming, the data is a receive award of this internal "Satoque and to croose thinking can help you feel buttle for example, spring it, proved," or could not depressing, saying to yourself. The had a local life but that's not my fairly, insight feel as little better.
- Notice how thinking impacts your life. Thinking affects how you red and u.t. for revenils, imagine that
 you are home skind or might and did, ng off into since. Soldonly you have a found at the window. If you think, "it's
 if it a notice typing to seek in "you are likely to fee think and you thank to since But if you think,
 if it a notice typing to seek in "you are likely to feet and can't be police. The same shutton occurs—having
 you not at the window—but contry our feet and set expends on what you think
- Rathinking does not mean "positive thinking"—it means realistic thinking, for exemple, if you think. The I ked person," just the predict account to "The a pool easier" since they were. The gash is not just to receive meaghts not positive means, but to evaluate them next that you have seen as evaluate your thought, are described in Hambout 2. But at a single tant to emphasize that methicking costs and men. "The power of positive thinking," and other, the power of a marky engineering the way you look at the world, the meanings you create, and the related of your preparate.
- Rettlinking is a profound emotional experience. People inter-times believe that institutions is day, intoles test, bedrig, or otherwise. When you learn to do it wolf, it can occur occurrent that helps you to day bed leater, to it not about repeding to yourself dulary our admit recipit others or just verying what you this you usually to early its about discovering who you are end choosing how you want to a specially sout its. Some keys to make it work at this process full real include the tradeouting.
 - Inentity "hot" thoughts. These are thoughts the lare connected to your technist, that matter to you right now.
 - May second. If you have a general therapit such as "May life is hopeines," my to have it down into what specific and recent will be expecience set off that it ought for example, it might be provided in your must removel through this floor, whenthy example wither you were form along) one when it was connected to feat, you had been denking! Then you can work on changing it more enable (e.g., I notice that I feel more hopeids as were down," or II to lead time with people in the exeming. It high not fired to down.") It takes practice, but it reply can help.
- Your thoughts are not wrong or bad. Some proble science. "If I need to reclaim, I means my thoughts are bed." This is expectedly the for people with III 50 and substance above, who may already feel bad above their science. But are wrong he has a windy of thoughts, some of high case register. Became the limit time are good recions why you chelocoed the throughts you have they rome from sport life cases must intrasengle. If you liked though control during war, you may have begun to believe than "fecole are vines and out for their schools." Or if you were received by do cottain during when you were a called edg. "Could need a resum to earlying", it also a white you began to believe it. Wis may notice too that now you take to you see for internities how people in your life have taked to you.

(cont.)

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HANDOUT THREE: ABOUT RETHINKING

Thoughts are not wrong; they are simply not the best for someone looking to change their lives.

HARRISON & DAWN / VE Zo

county Broker

- Rethinking takes active practice. Schiology needs to be wanted just 86 anything citie. Remember whom you knived to dispose almost mide a beke? You had to practice and make midelian activities way from an object control of the property program. It took along that to develop your current way of thinking, and it may take a while to change it. The more actually you work on it. the interepoint get, and the quicker the cross will be. When you call, on only quicker the cross will be. When you call, of the object of the property of the cross of the property in at once, and keep tryingt ing a house. Each brick adult to the strength of the crossing; it does not happen all at once, and keep tryingt.
- Leven more about rethinking. Browse in a library or bodystory or on the literact; there are many different countries will sold unlike if we wise "cognitive therapy". For example, there are stocks by Aaron T. Body, the main countries of cognitive therapy. Also, David Burn's Feebra, Good. In the New Mood Transpy is an incocurrier, reputal postetack. Call the habbate for Chapter's Therapy to locate a cognitive Presupts in your area (6106/64-5020).
- Try SMART Recovery or Rational Recovery, SMART Recovery and Rational Ractivery are substance abuse
 set help groups file AA, record that they focus on rethinking, do one have a given all component, and do not view
 addiction as a finding descent.

Advantagement Comille Perspayor course in the cost by Assat Tuck, Mo. New Accident No. 180. How The maintener stags sold in cities. On Lin Principle Line Cells and collisions of the File of Christop (2007). The Maintener stags sold in Section 2. So and on Russe. 1990, and the Redicut Christophia has weed into these descriptions. Just book, Assay as thought for exclusion they describe the Section Section 1990.

SESSION TWELVE: INTEGRATING THE SPLIT SELF

In this session, patients are encouraged to look at what the author calls "splits", and to integrate these two (or more) sides of oneself.

In extreme versions of this, the client may meet criteria for DID. This will require more work that cannot be accomplished in short term work.

This can explain why clients feel love toward them self on some days, and self loathing the next.

HANDOUT ONE: SPLIT SELF

This discusses what splitting is, how it happens for a good reason, and explore ways to integrate the split self.

Heavy focus on survival mechanism

DAMOUR

to after the gar s

The Split Self

- # Do you
- 2. Do (things are not remember how they happened (e.g., find yourself at a bar, not aware of how you get inere)? Yes / Mo / Not sure.
- 2. Trip into different produced states to gry our moods stift very quickly and intersely? Yes 7 No 7 Not sur-
- Have different side, or yourself that I cell life separate people (such as "Tile young one," the Tak, or c," "The week one," The angly or c "Tiles No. 7 No. 7 No. 5 No. 5
- 4. Feel opposite category in relations tips (e.g., feet totally copied toward someony at one time and then so tally respect at another time)? Yes 7 No. 7 No. 5 vie.
- Frequently hase muse feelings also timper tand business in your life (such as whether to say in treatment whether to get alloh, explicitly for 7 No. 7 No. 3 No.

What Is "the Solit Solit

The aprimed Finders to different aides of the self-floor occur in our EFSD and substance ob the Decembing aware of two different sides can help you recover

Substance abuse examples, One part of you wants to une substances work profess part closes? This is sometimes using a "takkyl and Hyde."

PTSD examples. For sicily or might feel like the little Unkill will ones be protection, a "lighter" who bulles a terranger" where words to flow form without worrying about transmiss, and a "healthy une, who wants is not kind on recorder.

Splitting Happens for a Very Good Reason

lighting is a popul cloud defense in which your invested world her defense, states of constitutioners that enemial at different times, list as a country needs an own for defense, so too the mine herds defenses when it is being attacked by devay along life toper eners. Remember, there are normal and typical in ETSO and substance about it do seen proposally for your survey. They do not mean that you are creaty flow, name in many "number" propie have sufficient door department from any "number" propie have sufficient about disappropriate they are.

If you'r line salls, it means that you had in parchological mess call or in wan his trime ect name part of yourselfise december if you drove chark who consist a new his concordant, you may have sall extensely guilty but zoute out have based feetings at the direr. The guidt may keep "purpoing up" in womes wars in your of the sin has one extense or literatures Sprits can also arise in critichaed? Your family released inspiritant parts of you. If it was not safe for you to express an gar for example, the aniser may have instance split off. But the polition odd december of a ways—it stays raddive and a merge and times that may suspulse you. You may notice that you feel achieved about who ever side of worself has been gar off.

With FTSD and substance above, the case that generated are typically those that want to use substance you expect that the tearng crossings, that get across (you teel you should aways be "nice"), or that feel vall enable you took you should aways be "shored").

Name of this is your factor citil nappear unconstituting, whirm I awareness, till you were aware of it, it wouldn't be spill?

6 ml i

term is a boy solve by each is completely for the bod had been been by the detection of low respected to probate of the love for process, the object of the probate of the love for process, the object of the first of the love for process.

HANDOUT ONE: SPLIT SELF

Integration and acknowledgment of each of the sides

LAMORITATION AND A CENTER OF THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON ADDRESS OF THE PER	MuciBlatt Michigan Capit and	
Splitting Leads to Unsafe Rehavlor		
and the second s	have any hardware to them, and also if how or every self-core masses. Many	

You are not an control of your reperied sines, her such they are hidden. When you should have control cost them, they can consoliy out by one-good at times when you conflictored there, on by libbotting out finatcher adds. This can be alreade.

Exploring the Different Sides of Yourself

- It If you want, accurate the questions traken that hack of this page if you need more space.
- 1. On you notice any sides to yourselfe.

Substance chase
Prison
Others

- 2. Which sides do you ke? Which sides do you dislike?
- 3. Do you not cleanly deligations behaviors from your optis!

THE GOAL OF INTEGRATION

Integration is the Way to Overcome the Split Self

The way out of spitting is to designate and accept the dilet of possed. Due have been rejected within some in the line of pure let angle, you would respect that the interior three tent a good reason. Bother than stifting it, you would seek to "been" in and to expect it in a size way. The good is so have beened to put to "you call wherever you chause to However, know the little with a file of their earlingstimp there sizes, on if they remind you of someone you be had been a figure.

How Can You Work with the Different Sides!

to Acknowledge, respect, and "ovor" these different sides, even if you don't like them. It may fee, as they for a little that in got did of smeapart of you this open "over", as it is there for a good reason, A deeply caring othere knowled every parts of you is what helps your recovery.

c> Try to remind yourself of the other sides if one side takes over II if side emerges that switches, team dyusted like another side of you doesn't want to, if a give of you doesn't want to come to be attend remind yourself of the side that does.

Do not punish yourself if you do something wrong, Blame, quill, sharre, and "beating yourself up" to Greene the Rebook of mande may gots which because they recreased a lack of americanas. If you do something you don't like, but to understood in ording and reproceeding.

se Create healthy dialogue among the different sides. Some people fine sweets in "A ling a conference" areing the difference in the sets of that ship dialogue among the difference in the sets of that ship dialogue in the sets of the sets of the sets of the sets healing the relief some another may seem before, but in last our bevers healing, by reheaving not found or or paper, what a healthy dialogue among vides of proceedingst should like

SESSION THIRTEEN: COMMITMENT

This module explores the way that keeping commitments is a big part of recovery and that feelings do not have to get in the way of this goal.

Points out that feelings ebb and flow, but keeping commitments is a different behavior, and leads to a more integrated sense of self.

Positive potential is focused on, rather than a re-hashing of unkept promises.

SESSION THIRTEEN: COMMITMENT

The author reminds us that this is a higher order module, and a client who does not have basic needs met will need to make concrete commitments on motivation.



HANDOUT ONE: RESPONSIBILITY AND PROMISES

Responsibility and Promises begins with an self evaluation of how often promises to self and others are made and not kept.

The handout explores how this concept was viewed in one's family or origin.

It also explores how commitments are both personal and interpersonal.

AUDID 1 Comman

Responsibility and Promises

* Circle your austier to each puestion

L. Do you break promises to other people?	Herey	semetimes	A of
2. Sec year former, personners the year sed "	Parey	Sometimes	A of
On you have problems getting things done?	Raroly	Sometenen	A ni
De you make conseparents in the treatment and the rious do them?	Frony	Semetimes	A of

Do these words evoke feelings: commitment... promise... responsibility? Some people notice negative leerings when they film of this or (tries, depressed). Other project rollice sostiuc feelings (S. cong., buggly). When you were growing up, what did you learn from the youthe around you about commitments? Some people with 3700 and volcatives about many have grown up in horse within they feeling at the source of the project with 3700 and volcatives about many have grown up in horse within they feeling at the source of the source of

- Not to trust promises
- scape and avoidance
- . The only way to get things done is to be yelled a...
- · 105 okay to diszponius people
- . The critical are more resconsible than the parents,
- Modifing exchapts done.
- . Never commoning about me that a different of Linever live or normal, responsible file
- V/hat did you learn about commitment when you were growing up?

Commitment is both personal and interpersonal. When a commitment is bocken, it can it add you feel into the first feet, you can have also account from the design worth too. I make also you formly have been personally a feet from a decimal personal from the first personal personal from the first personal personal from the first personal from the first personal personal from the first pers

* How Joes your ability to been commitments impact

Pende in your life!

Tiow would you like to handle commitments in the future? Identify any work, you have

- III if a like people to believe that when I make a promise I Elsep it.
- If I'm like to commit to obstinence from substances and slick to it.
- tu if a like to keep try spoolinunents and be on time.
- □ Other

If you have trouble with commitments, remembers It's not your foolby you are coing what you learned. You remembers It's not your discussions a responsible person, you are a ruman being like everyone disc, and it is within you, in two one resurers

From southing Street, is the for singlest (2021) Core glid by the transfer dies from each to planted by the form is granted by purchases of the first from personal transfer and transfer on personal transfer and transfer of the first from the core or personal transfer and transfer from the core or personal transfer from the core of t

HANDOUT TWO: CREATIVE SOLUTIONS

The handout explores ways for clients to begin to keep commitments.

The client is asked to check off any ways that they think can help them keep commitments.

These are concrete and include time frames, accountability, and realistic ways to accomplish the commitment.

Creative Solutions PTSD and substance abuse can lead to rigid thinking-limiting oncself to "some old" solution PSD Anticky may make you whiled in thy more things, in teams you this populate, so you may now come to helieve that you cannot have control over your life. Substance along the union substances to organish products, you are tending on third term. Expenses southern rather than long-term, planned solutions. Creative solutions are healthy, direct, adaptive, realistic, and specific. A Check off (4) pay storages when that might help you accomply you contributed 3. With door you committeest are sec codes exemplified bullgroups door, or dishlower, by hoper mirecipance cipace to record in your water, taped largest computed, that can also sent a small a wave must measure or fester removed to you to do it. a the the Department, anything intender enjoyeer that't fell washer testal and the hardest part in at the beginning.
It constraint frought the beginning states \$ 1000, as the district the states. The states are the states as the states are the states as the states are t at Ark other people how they get things done IT that surviva is to help you has no with you. I like on appointments. c) Advisor the wint if you can make a call that's difficult disting your testion (i) Dan't delike coffice in the meaning with you are arready weathers on you recommend in strate a for of all the procede you'd four if you port the highest bridge countries. (a Schedule of time desiry the day is, got 1 more.

The goal pour partial before end after the last. Our year feel cetter differra flar a resent rail fell everyone in your life you've going to got it comm its Write your right on eight of paper and put them in a hall profess, one su condom and do it for more up other If their a goor spectrum if it's fand to ware at home, try a lineary so coffee shop. to Size a SSC coods to a front to keep if you over accomplet your goal, quantities \$100 on you could be you at complish the epoil.

If to make it turn from on the states with a year work. D. Find mooning. Four cost what most most and sense and keep researing it (getting if only with "doing a good add dome it for your kids? owning a bothy life for your old?) u. Use a special colorect con to theck it citi post list (these little triangl maily can work). is the first wild majorin file for each test factions organized increases motherions. in leave and mession or your treacht) value mill about your process. as if particulonism is a promon, do small propi as "proparation" for the cold fring. to the confine provide larger than mentioned you to keep your commitment. In theyelop a "survival look," of prisons, poems, guizes, or other inspiration to even just institute. a Other strutegies that work for you. ... hard some philips for made suppose (1995), population to divide others formable in protecting this term to protect the majority of the contract of the term to protect the contract of the con

HANDOUT THREE: **OVERCOMING EMOTIONAL BLOCKS**

This handout looks at some of the emotions that can get in the way of completing commitments.

It stresses that feelings are feelings, and they come and go.

Gives examples of how to consider commitments, such as the stop made at a red light.

Overcoming Emotional Blocks * Identify finitings that get in the way of your completing conditments. ___ Overwhelmed "for not capable ___ there's two much to do ____ don't have time." ... Hopeless: "Why bother? Nothing I do over works out I might as well give on " __ Perfectionistic: The not ready to stalt ____ incode to prepare more ____ is won't be good enough." Other fuelings: * Citale any kiesa below that might help you overcome your emploisal blocks. • The single most important concept. Commitment may is doing what you say no matter what you are incling. Think of a net traffic light. You not followed to sten have for how you ted, you know you need to stolly and so you co. Commitments work the same way. If you know you need to an so: lettering the idea is to do it ever if you don't leg like it. You can be award of your feelings and explore them, but you still need to do the commitment as planned · Commit to goals that are your own, not sumeone else's. When people say "iff try my best" it often means "I'm not really committee to mis." A small year thack actually accomplished is worth more than a large goal that you just "by" to do . Forget about (villa) you didn't go yesterday Even if you failed 100 times lit's only right now that matters. you wake up tale, start then if you're behind, begin thyway. · Use sheer consistence to fight feelings that get in the way If you keen ninering forward, eventually these · Make your goals candidate and simple. Be very no sest with pourself about what was can on. Semigones abode agree to do too much and their feel lemble that they cannot do it. Stay realistic * Pretanciyou are someone who gets things have Everything is a mobilem to be solved iff is not your identity, your self-worth, a sign that you're not normal, or studid to intermedica tassy in such bra terms does not help . Don't "beat yourself up" if you fail at something. That makes you less likely to get it done licut time · An old saying is "A good plan today is better than a perfect plan to honow · When it gets painful, restete your committeen. . Even if you seem to be moving three steps forevard and two steps pack, you're still alread by a step ★ Ir you bon't sortlly accomplish your goal you can self 'eé' good it you got fuither on it than héfore You call also try to figure cart why you're having problems, our feelings from the past? Unexpressed angen? But remember that figuring it out is not a substitute for action. Other strategies that work for your

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HANDOUT FOUR: ACTION PLAN

An action plan is created with very concrete what, when, strategies that will be tried, reasons why it is important, and how to reward oneself.

This helps clients come up with realistic commitments and to hold themselves accountable to themselves, the group, and the therapist.

	Action Plan
nc	Date
	compaids your goal and benier your word. Fit out the "Belove" section nave end
I promise to	
By when?	
I will use the following	drategies to accomplish my commitment:
To overcome my emulio	nal błocks, i viłli
	complete this commitment because
If I complete it, I will re	ward inyself with
Signedi	
Result: Describe how it	a a fine a marginal and allow more
Anything you'll do diffe	rently next lime?
e terapist to let her or him.	eur Action Plan for any residen before the most session, pacere is ann a message entry. This helps beep targs "on track!" Year can water your thurspirt a message (1962), Copyright by the distinct Pices terminar to protectly the form by miles between any get page Prostude.

SESSION FOURTEEN: CREATING MEANING

This module explores the meanings that clients create based on their lives.

These are explored and new ways of thinking are encouraged.

Research has shown that clients who are able to create constructive meaning out of their experiences are more likely to improve than those who do not do so.

The author suggests that this can take multiple sessions and to not rush, thus losing the depth of the material.

SESSION FOURTEEN: CREATING MEANING

Handout One: Creating Meaning

It is human nature to create meaning out of one's life expierences.

Meanings can be helpful or harmful, but they are never wrong or right.

Everyone can struggle with meaning at times. Important to normalize this for clients.

Creating Meaning

Below are some meanings typical of people with trauma and substance abuse. Read each meaning and, if you want, rate how much you believe each one from 0% (never) through 100% (all the time). If you can think of examples from your own life, write them in the margins.

Meanings That <i>Harm</i>	Definition	Rate (0%~ 100%)	Examples	Meanings That <i>Heal</i>
Deprivation Reasoning	Because you have suffered a lot, you need substances (or other self-destructive behavior).		"I've had a hard time, so I'm entitled to get high." "If you went through what I cid, you'd hurt yourself too."	Live Well. A happy, functional life will make up for your suffering far more than will hurting yourself, Focus on positive steps to make your life better.
I'm Crazy	You believe that you shouldn't feel the way you do.		"I must be crazy to feel this upset." "I shouldn't be having this craving."	Honor Your Feelings. You are not crazy. Your feelings make sense in light of what you have been through. You can get over them by talking about them and learning to cope with them.
Time Warp	Your sense of time is distorted; you believe that a negative feeling will go on farever.		'This craving won't stoo." 'If I were to cry, I would never stop."	Observe Real Time. Take a clock and time how ong it really lasts. Negative feelings will usually subside after a while, often they will go away sooner if you distract with activities.
Beating Yourself Up	In your mind, you yell at yourself and put yourself down		"I'm a bac person." "My family was right: I'm worth ess."	Love—Not Hate—Creates Change. Beating yourself up may echo what people in the past have said to you, But yelling at yourself does not change your behavior; in fact, it makes you <i>less</i> likely to change. Care and understanding promote real change.
The Past Is the Present	Because you were a victim in the past, you are a victim in the present		"I can't trust anyone " "I'm trapped."	Notice Your Power. Stay in the present: "Larn an adult (not a child): I have choices (Lam not trapped); Larn getting help (Lam not alone)."

(cont)

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Meanings That <i>Harm</i>	Definition	Rate (0% 100%)	Examples	Meanings That Heal
The Escape	An escape is necessary (e.g., food, substances, gambling) because feelings are just too painful		"I'm upset; I have to binge on food." "I can't stand cravings; have to smoke a joint."	Keep Growing. Emotional growth and learning are the only real escape from pain. You can learn to tolerate feelings and solve problems.
The Good Old Days	You remember the wonderfulhighs from something (a drug, an abusive relationship), but ignore the tragedy of it.		"Cocaine made me feet happy." "I still love my partner, even though he abused me."	See Both Sides. The drug may have felt good but the cost was losing your job; the relationship may have had some positives, but it had some serious negatives too
Feelings Are Reality	Because something <i>feels</i> true, you believe it must be a <i>fact</i> .		"I feel like I'll never recover, sq I might as well drink." "I feel depressed, so I might as well kill myself."	Listen to What You Know. Use your mind rather than your feelings as a guide. What do you know to be best for you? Feelings are valid, but they are not <i>reality</i> .
Ignoring Cues	If you don't notice a problem, it will go away.		"If I ignore this toothache it will go away." "I don't have a problem with substances."	Attend to Your Needs. Listen to what you're hearing; notice what you're seeing; believe your gut feeling.
Dangerous Permission	You give yourself permission for self-destructive behavior.		"Just one won't hurt." "I'll buy a bottle of wine for the recipe I want to try."	Seek Safety. Acknowledge your urges and feelings, and then find a safe way to cope with them
The Squeaky Wheel Gets the Grease	If you get better you will not get as much attention from people.		"If I do well, my therapist will focus on sicker patients." "No one will listen to me unless I'm in distress."	Get Attention from Success. People love to pay attention to success. If you don't believe this, try doing botter and notice how people respond to you.
Mind Reading	You be ieve you can tell what other people are thinking without having to ask.		"I know he didn't say hello because he nates me." "My sponsor would feel burdened if I called her late at night."	Check It Out. Ask the person! You may be amazed by what you find out

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Meanings That <i>Harm</i>	Definition	Rate (0%- 100%)	Examples	Meanings That <i>Heal</i>
It's All My Fault	Everything that goes wrong is due to you.		"The trauma was my fault," "I I have a disagreement with someone, it means I'm doing something wrong."	Give Yourself a Break. You do not have to carry the world on your shoulders. When you have conflicts with others, try taking a 50–50 approach (50% is their responsibility, 50% is yours).
If This Then That	You put off something important while waiting for something else.		" f I get a job, then I'll stop smoking pot." " f I lose weight, then I'll go to AA."	Stay in the Present. Whatever you need to do, start now. Every step forward counts, futting off an important goal will not help.
Actions Speak Louder Than Words	You show your distress by actions, otherwise, people won't see your pain.		"The scratches on my arm will show what I feel." "I'd like my partner to find my body after I've killed myself."	Break through the Silence. Put feelings into words. Language is the most powerful way for people to know you.
l Am My Trauma	Your trauma is your identity; it is more important than anything else about you		"My life is pain" "I am what I have suffered."	Create a Broad Identity. You are more than what you have suffered. Think of your different roles in life, your varied interests, your goals and hopes.
The Uniqueness Fallacy	You alone have a particular problem; no one else could possibly understand		"Unless you've lived through what I have, you can't help me." "Why bother talking? No one will get it."	Reach Out. Give prople a chance to help you. Find a safe person to talk to (therapist, AA sponsor) and try opening up.
No future	The future is bleak, there is no hope.		"My life is wasted already." "I might as well give up."	You Have Choices. No matter what has happened so far, you control the present and future. Notice your choices and choose wisely.
Life-or-Death Thinking	Things take on life or death meaning in your mind		"I'll never get over the fact that she (or he) left me." "I'll die if I don't get that job."	Keep Perspective. What is the worst that can happen? If you suffer a loss, you can learn to mourn and move on. The possibilities in life are encless.

HANDOUT (prign 3 of 4)

Meanings That <i>Harm</i>	Definition	Rate (0%- 100%)	Examples :	Meanings That <i>Heal</i>
Confusing Needs and Wants	You want something very badly, so that means you have to have it		The state of the s	Recovery is the Need. You may want many things, but seeds are few. You may want heroin, but you do not need heroin. Needs are essentials: food, shelter, callies and your recovery!
Short-Term Thinking	You focus only on your feelings today rather than lornerrow.		erink "	Think of the Consequences, imagine how good you'll feel about yourself tomorrow if you do what you know is right. Imagine how low you'll feel if you give in to the morners.
Shoulds	You have rules about how the world should work. If the rules are violated, you feel angry.		"My friend should invite me exec." "I should not have to deal with the PTSO."	Soften Your Language. Try to ease the tension (e.g., "I want my triend to invite the over.") You may still want what you want, but you may feel more tolerant.
Instant Satisfaction	You seek immediate satisfaction. Life should be easy		"I need it now." "I should a ways feel good."	Work Hard. The most enduring satisfactions come from working hard and having patience: at your job, at relationships, at recovery.
Focusing on the Negative	You notice the negatives in a situation and ignore the positives.		"That person is a total exk." "I can't do anything right."	Notice the Good. What went right? What is good about you? What was a positive aspect of the situation?
All-or-None Thinking	Things are either all good or all bad. There is no middle ground.		"Life is only misery" "I have no power,"	Seek a Balanced View. Life is more complex and interesting than "all or none." Look at things with a balanced view; find the middle ground. Look at what went well, what went badly, and what was neutral.

Acknowledgments in this handow, several of the handowneanings ("Mind Reading," "Shoulds," "Focusing on the "high-like," "Allion Noise Thirking," and "Fecunds Are Resitty") are from Sures (1990), with the latter termed "enrolling reasoning" in his cook, "Life or book "thirking," and "extent Satisfaction" are from Beck and colleagues (1998) and "thir Good Old Days" is from Parley (1992). Ask your therapist for guidance if you would like to locate bigs of these sources.

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SESSION FOURTEEN: CREATING MEANING

Each column has a meaning, a definition, an example, and a re-frame.

Clients are asked to rate how ,uch they believe each meaning.

It can be helpful for clients to go through the material one by one, in order to make certain it makes sense to them.

This is a lengthy, but incredibly rich exercise.

SESSION FIFTEEN: COMMUNITY RESOURCES

This module focuses on empowering clients to shop around for the services that they want.

It is meant to empower clients to get the help that they need, and to resourcefully seek ways to get their needs met.

The author reminds clinicians that it is more helpful to explore new options versus trying to convince them they do not like (ie someone who hates AA, suggest NA).

SESSION FIFTEEN: COMMUNITY RESOURCES

Handout One: National Resources

A resource list of phone numbers of some of the national organizations on recovery from SUD and PTSD.

Includes resources on domestic violence, mental health, STDs, parenting, and medical problems.

SESSION FIFTEEN: COMMUNITY RESOURCES

Handout Two: Consumer Guidelines for Treatment

This is a buyers guide for services and it offers tips for evaluating the services received, and how to decide if the treatment is working for the client.

Empowering, comes from a customer service standpoint.

SESSION SIXTEEN: SETTING BOUNDARIES IN RELATIONSHIPS

This module explores how to set boundaries, and how this can be difficult for individuals with PTSD and SUD.

Boundary problems are sorted into "too close" and "too far".

SESSION SIXTEEN: SETTING BOUNDARIES IN RELATIONSHIPS

Boundary problems are sorted into "too close" and "too far".

Clients are encouraged to explore when to say "yes", and when to say "no" to people in their lives.



SESSION SIXTEEN: SETTING BOUNDARIES IN RELATIONSHIPS

Learning to say "no" can be difficult for individuals with PTSD, if they have lived without a voice for a very long time.

They may not feel that they have the right or even the ability to say "no".

Saying "yes" is important for those who have isolated themselves and have a hard time trusting or being open.

HANDOUT ONE: HEALTHY BOUNDARIES

Talks about what boundaries are, and how they can be problematic. They can keep you safe.

HARROTT I

Listing your land, in Michigan ship.

Healthy Boundaries

Healthy boundaries are:

- Readle You are able to be both close and distant, adapting to the situation. You are obe to let gru of relationships that are destructive. You are able to connect with relationships that are nurturing.
- Safe You are able to protect yourse' against exploitation by others. You are able to read dues that someone is appropriate to well the
- Competend, You are able to engage in balanced relationships with others and maintain them over time. As conflicts arise, you are able to work them out.

Both PTSD and substance abuse can result in unhealthy boundaries. In TTSD, your bounds are (your body on your controls) were violated by returnal, it may be shifter the you new to keep good burndaries in relationships. In edistance assign, you have but boundaries with substance (you use for much and may act in ways you normally would not, such as getting light and seging things you don't mean), becoming to establish healthy boundaries a one sessificial port of discovery from both disorders.

Coundaries are a problem when they are too close or too distant.

Reportation rate	Sec. 5503	dose.	Herring.	ASSERVE A	a too	musch:	enmeshedi	*	Da vou

- □ have difficulty saying 'no" in relationships?
- C) Give too much?
- ☐ Get involved too quickly?
- ☐ Trust too easily?
- ☐ Intrude on others (c.g., violute other people's ocundanes)?
- D. Stay in relationships foo long?

Coundaries can be too distant (not letting people in endight detartier); * Do your

- ☐ Have difficulty saying 'yes' in relutionships?
- ☐ Isolate?
- ☐ Distrust log casily?
- ☐ Fee lonely?
- ☐ Stay in relationships too briefly?

Mote that many people have diffeolies in truli areas.

Boundary problems are a misdirected attempt to be loved. By "going al" to people, yet rare trying to win.

Boundary problems are a misdifferend artempt to be loved. By "going all to penge, you are dying to writh them over, instead, you teach them to excluding out, By isolating from others, you may be trying to protect you self, but their don't obtain the support you need.

Healthy boundaries can keep you safe.

Centuring to \$59° fee" care. Rees you from the fine fall's (Laying "Fo" to make each, keen sto from using sind stances (paying foo" to pubstances) protect exploitation (saying foo" to unlair demands), protect you from abuson relationships and chomowils, volumes.

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HANDOUT ONE: HEALTHY BOUNDARIES

They can be a misdirected way to be loved by someone.

Boundaries are important in all relationships, even in the one we have with ourselves.

RELET C YOURCE J. CO. 24

patring Rou daries in Relater range

Setting good boundaries prevents extremes in relationships, By solting boundaries, you can avoid printul obtaines, you does result to a distant, plaing then much service to differ any versus conducting others. No the extreme is better by the role is contain.

It is important to set boundaries with yourself as well as with others,

You may have difficulty saying "ho," to yourself, For example, you promise yourself you won't smoke pot, but then you do. You may demonling in if not, less, or other addictions. You may say you won't go back him an abrude partner, but then you do

You may have difficulty Jaylou "yes" to yourself. For example, you may depress yourself too much by not esting enough, working too hard, not taking time for yourself, or not allowing yourself pleasure.

People with difficulty setting boundaries may violate other people's houndaries as well, This may appear as welling this tractification of the people's business, trying to convolidities, or being variably or plays cally observe.

If you physically hart yourself or others, you need Immediate help with boundarks, harting y mail or others is an externe form of boundary idiation. It means that you act out your enrotional plan through physical base. Work with your therapist to see a selectly Contact, Get be to pur Rehing from Angor for more on this?

HANDOUT TWO: TOO MUCH CLOSENESS

Reviews with clients where saying no can keep them safe.

Examples of ways that boundaries can look in SUD and PTSD.

Role plays for saying no in situations

HARRY II

Petitie Die richeren in Debite einfrie

Too Much Closeness: Learning to Say "No" in Relationships

Why is it emperator to say "no"? It means setting a limit to protect voluself in relationships. For example, "if you show up with coke, I'm leading," or "Unitess you stop yelling at me, I'm waving out "" Swing "no" is an important shall for setting broundaires is a way of concepting that both people in a relationship deservor care and attention, it is a healthy way of respecting that separate decitig.

SITUATIONS WHERE YOU CAN LEARN TO SAY "NO"

- Re-using drugs and alcohol
- Pressure to say more than you want to:
- + Going along with things that you do not want to co
- When you're taking care of everyone but you
- When you do at the giving in a relationship.
- When you make promises to yourself that you do not keep
- When you're doing things that take your focus away from recovery.
- * Any others that you notice? Write them on the back of the page.

EXAMPLES: SAYING "NO" IN SUBSTANCE ABUSE AND PTSD

	With Others	With Yourself			
Substance	"No thanks; I don't want any now."	Self-respect means no substances today			
Abuse	"Drinking is not allowed on my diet."	"If anybody offers me drugs at the party, need to eave."			
PISO	"I need you to slop talking to me itse that "	"Working as a prostitute is making my PTSD worse. I need to stop."			
	"Prose don't call me again."	"Seeing tvar movies is triggiening my PTSD, I med to stop."			

"ON" YAZ OT WOH

- * Try different ways to set a boundary:
- . Polite refusal "No thanks, I'd rather not."
- · Insistence "No, I really mean it, and I'd like to drop the subject,"
- · Partial honesty: "I cannot drink because I have to drive."
- . Full honesty. "I cannot drink accruse "m an alcoholic."
- Stating consequences: "It you keep bringing drugs home, I will have to move out.

* Humaniber that it is a sign of respect to say "ma." Protecting yourself is part of developing self-respect. Bather than diving people away if helps them value you more. You can be wine table without haing exploited. You can enjoy refallors hips without fearing them. In healthy relationships, saying "no" appropriately promotes doscooss.

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HANDOUT TWO: TOO MUCH CLOSENESS

Role plays for saying no in situations

HANDGUT 7 (page 3 of 2)

Serring Boundaries in Relationships

- * How much or bow little you say is up to you, However, if you can comfort day provide an explanation, the commake it easier on the other service.
- You will find the words if you are motivated to say "no." Once you commit to protecting your needs, the hourself recent stall.
 - * Take care of yourself; let others take care of themselves, You can only like your life, not theirs,
- If you are afraid of hurring the other person, remember that it may take repeated work, both with the
 other serson and within yourself. Over time, you will realize that healthy people can tokente hearing what you think
 not feel.
- * You can set a boundary before, during, or after an interaction with someone. Try discussing a difficult close refurchand (c.g., discuss sate set before a sexual encounterly, during an interaction (c.g., t.y. sying) "no?" to close own nit is offered), or discussed (c.g. op book and full someon you did not like being talked to abstireful.)
- 4. Be careful about how much you reveal. PTSD and substance abuse are sensitive topics, and discrimination there disorders is very real and harmful, You can never take back a statement done it has been said. You do not need to be open with pench you dhink cleave well, preptie in work sertings, or people who are abstract to you.
 - * Bo extremely careful if there is a possibility of physical harm, Seek professional quidance,

ROLE PLAYS FOR SAYING "NO"

* try rehearing the following situations out laud, What could you say?

With Other

- → You are at a holiday party and your boss says, "Let's calebrate! Have a drink "
- Your partner says you should "just get over your trauma already."
- A friend tells you not to take psychiatric inedications bycause "that's substance abuse too."
- Your sister wants to know at about your trauma, but you don't feel ready to tell her.
- → Your partner keeps drinking around you, saying "You need to learn to deal with it."
- . Your date says, "Let's go to my place," and you don't want to
- -> Your bass gives you more and more work, and it's too much
- You suspect that you fundle is abusing your daughter.

With Yourself

- → You want to have "just one drink."
- You keep taking care of others but not you'self.
- → You promised to stop bingeing on food but keep doing it.