

# The Help Recovery Center's Intensive Outpatient Program Workbook

Effective Treatment for Substance Use Disorders

Patient Workbook Developed by  
Tom Diffenderfer LADAC II, QCS

PART ONE

- 1 Introduction
- 2 The Definition of Addiction
- 4 The diseases of Substance Use and Co-occurring Disorders
- 5 Stages of Change
- 8 Healthy Recovery Boundaries
- 9 Recovery Literature and technology
- 10 local and Online Support Groups
- 11 The Feelings Circle
- 12 Desensitization of Unhealthy Associations
- 13 Internal and External Triggers
- 14 Cognitive Reframing
- 16 Healing Relationships
- 18 Enjoyable Sober Activities
- 20 Relaxation for Anxiety
- 21 Remission Maintenance
- 24 Emotional Well-being
- 24 Follow up Counseling
- 26 Self-report & Daily Inventory

PART TWO

- 57 Reduce the Struggle
- 59 The Water Globe
- 60 DTM Scale (Do the Math)
- 62 The Integrity Flower
- 63 Make Hills out of the Mountain
- 64 Empty the Tank
- 66 Some Thoughts on Relationship
- 68 Meditation
- 69 Deep Relaxation
- 70 Progressive Muscle Relaxation
- 71 From Now Until You Go to Sleep
- 73 Oneness
- 74 Practicing the Art of Struggle Reduction
- 75 DTM Score and Self-Report

## Introduction

The field of addiction treatment has been rapidly evolving over the last 20 years. We continue to learn more about how the brain's chemistry is affected by drug and alcohol misuse. Improved counseling strategies now compliment FDA approved medications to treat Substance Use Disorders. This combination of medications and counseling is called Medication Assisted Treatment or (MAT). The tried and true 12 step programs are still going strong and we are seeing effective new support options continuing to emerge. With an increase of access to the internet, lots of helpful recovery technology and additional recovery education is available. The goal of our IOP program is to provide you with an array of different recovery resources. By the time you complete our program, you should have a thorough understanding of the brain disease of Substance Use Disorder and how to place the disease in remission. You will also be introduced to a large collection of recovery tools and supports that can be utilized to keep the disease in remission. Our desire is to assist you in developing your individual path to an enjoyable and purposeful recovery lifestyle. This workbook was created to be used in conjunction with The Help Recovery Center's Intensive Outpatient program. Think of it as a guide on the road to recovery from addiction. Many of the topics in the workbook will be presented in education sessions though-out the duration of the IOP Treatment. We understand that substance addiction is a frustrating and complex disease of the brain. We also know that recovery is achievable. Individuals can live long, meaningful, productive lives without abusing alcohol and drugs. We have included information concerning numerous aspects of the disease, and various strategies that can be used to achieve and maintain remission. The person suffering from substance addiction often views recovery as moving from weak to strong, or bad to good. But as with most diseases, the journey is primarily one from sickness to health.

6 components of recovery from addiction:

- \*Discontinue using the problematic substance
- \*Adopt new thinking and behaviors to avoid relapse
- \*Develop strategies to manage triggers and cravings
- \*Improve coping skills to manage anxiety and stress
- \*If warranted, take FDA approved medications to treat Substance Use Disorder (MAT).
- \*Develop an enjoyable and purposeful recovery lifestyle.

[www.matcounselor.com](http://www.matcounselor.com) is a website that contains a large collection of recovery resources and support links that can be used in conjunction with this workbook.

This recovery resources site includes links to:

1. Recovery workbooks
2. Hypnotherapy sleep aides
3. Guided relaxation for anxiety
4. The Walk to Wellness exercise plan
5. Daily reflections
6. The largest global recovery support site
7. Live online recovery support meetings
8. Recovery speakers
9. Beginners Yoga
10. A smoking cessation group

## Definition of Addiction

The following definition is from The American Society of Addiction Medicine or ASAM.

Addiction is a primary, chronic disease of the brain. It affects the reward, motivation, memory and related circuitry. Dysfunction in these circuits, leads to biological, social, psychological, and spiritual manifestations. This is reflected in an individual person pathologically pursuing reward and/or relief, by substance use and other behaviors. Addiction is characterized by inability to consistently abstain, impairment in behavioral control, cravings, diminished recognition of significant problems with one's behaviors and relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

## Definition of Disease

The Merriam-Webster dictionary provides this definition of disease.

A condition of the living animal or of one of its parts, that impairs normal functioning, and is typically manifested by distinguishing signs and symptoms.

## Diagnostic criteria for Substance Use Disorder

Below is an excerpt from The Diagnostic and Statistical Manual fifth edition (DSM-5).

A maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by 2 (or more) of the following, occurring within a 12-month period:

1. Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance-related absences, suspensions, or expulsions from school; neglect of children or household)
2. Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use)
3. Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with spouse about consequences of intoxication, physical fights)
4. Tolerance, as defined by either of the following: a. A need for markedly increased amounts of the substance to achieve intoxication or desired effect b. Markedly diminished effect with continued use of the same amount of the substance (Note: Tolerance is not counted for those taking medications under medical supervision such as analgesics, antidepressants, ant-anxiety medications or beta-blockers.)

- 5. Withdrawal, as manifested by either of the following: a. the characteristic withdrawal syndrome for the substance b. the same (or a closely related) substance is taken to relieve or avoid withdrawal symptoms (Note: Withdrawal is not counted for those taking medications under medical supervision such as analgesics, antidepressants, anti-anxiety medications or beta-blockers.)
- 6. The substance is often taken in larger amounts or over a longer period than was intended
- 7. There is a persistent desire or unsuccessful efforts to cut down or control substance use.
- 8. A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from its effects.
- 9. Important social, occupational, or recreational activities are given up or reduced because of substance use
- 10. The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance
- 11. Craving or a strong desire or urge to use a specific substance.

Severity specifiers: Mild: 2-3 criteria positive, Moderate 4-5 criteria positive, Severe: 6 or more criteria positive

Medication Assisted Treatment (MAT)

Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery.

MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the negative effects of the abused drug. Medications used in MAT are approved by the Food and Drug Administration (FDA), and MAT programs are clinically driven and tailored to meet each patient’s needs.

The Diseases of Substance Use and Co-occurring Disorders

With Substance Use Disorder being a disease of the brain, at any given time, the disease is either active or in remission. The Substance dependents goal is to place their disease in remission and keep it there by developing a remission maintenance plan. Co-occurring disorders refers to having two or more diseases of the brain with one of the diseases being a Substance Use Disorder. A couple of examples of co-occurring disorders are: Alcohol Use Disorder and Major Depression, or Opiate Use Disorder and Obsessive-Compulsive Disorder. Many if not most substance dependents struggle with another mental illness as well. Some of the most common mental illnesses we see in addiction counseling are: Panic Disorder, Bi-polar Disorder, PTSD, OCD, Major Depression, Generalized Anxiety Disorder, and Social Phobia. If you are experiencing any emotional distress, high anxiety, or depression be sure to talk to your counselor about it. They can help you understand what is going on and develop a plan of recovery. The counselor may also make referrals to other appropriate mental health care providers. Co-occurring disorders should be treated simultaneous.

Substance use disorders and co-occurring disorders are all treatable. The most common forms of treatment are therapy, medication, or a combination of both.

Document any questions or concerns you may have and bring them to your next session.

## The Stages of Change Model of Overcoming Addiction

The “stages of change” or “trans-theoretical” model is a way of describing the process by which people overcome addiction. The stages of change can be applied to a range of other behaviors that people want to change, but have difficulty doing so, but it is most well recognized for its success in treating people with addictions. It was developed from research looking at how change occurs in “natural recovery” from addictions and has been embraced by the move away from confrontational and pathological approaches, toward motivational and person-centered approaches, such as motivational interviewing. There are four main stages: pre-contemplation, contemplation, preparation and action. Additional stages of maintenance and relapse are also sometimes included. These stages can be represented as a cycle, and it is suggested that people go through these stages in sequence. In reality, people can jump about between stages, go backward and forward and even be in more than one stage at a time. But the sequential model provides a useful way of understanding the process of change and gives a structure to how it changes in addictive behaviors can be encouraged and managed.

### Pre-contemplation

Pre-contemplation is the first stage in the "stages of change" or "trans-theoretical" model of addiction and behavior change. When people are in the pre-contemplation stage, they typically do not consider their behavior to be a problem. This may be because they have not yet experienced any negative consequences of their behavior, or it may be a result of denial about the negativity or severity of the consequences they have experienced. When people are at the pre-contemplation stage they are often not very interested in hearing about negative consequences or advice to quit their addiction. They usually experience their addictive behavior as a positive or pleasant experience at this point. However, negative consequences do eventually affect people engaging in addictive behavior, either as a result of an addiction developing (which, by definition, impacts on other areas of life), or as a result of other harms as a consequence of a single occasion of engaging in addictive behavior. These negative consequences can push the individual into the "contemplation" stage.

### Contemplation

The word contemplation essentially means to consider or think about something deeply. In the context of the “stages of change” model of addiction and behavior change, contemplation specifically refers to the stage at which the person engaging in the addictive behavior begins to think about changing, cutting down, moderating or quitting the addictive behavior. In the stages of change or trans-theoretical model, the contemplation stage is separate from the preparation stage or the action stage, so someone at the contemplation stage is generally more open to receiving information about the possible consequences of their addictive behavior. They may be open to learning about different strategies for controlling or quitting the addictive behavior, without committing to a specific approach or even to making a change. People with addictions may be in the contemplation stages for many years. They may move forward to the next phase, the preparation stage, or they may move backward to the pre-contemplation stage. Contemplators typically benefit from non-judgmental information giving and motivational approaches to encouraging change (rather than confrontational methods). The contemplation stage concludes with the decision to change the addictive behavior.

### Preparation

The preparation stage of the stages of change (trans-theoretical) model means a person has moved forward to planning and preparing for carrying out changes they contemplated. With substance addictions, thorough and thought-out preparation can be important to success. Examples of the kinds of things a person might plan, do or decide about during the preparation stage include: The kind of change to be made: Do you intend to cut down, reduce harm, or quit completely? How to make the change: For example, if you intend to cut down on cigarette smoking, how much should you reduce your smoking by? Obtaining necessary resources: For example, if you intend to use nicotine patches, you will need to research the most suitable type of patch, discuss with your physician the most suitable dose (many people do not use strong enough patches, and end up experiencing cravings); and actually purchase supplies of patches. If your intention is to reduce the risk of STD transmission, you will need to purchase or obtain supplies of condoms. Getting rid of triggers: Triggers are reminders of your addiction that are likely to cause cravings and make it hard for you to fight going back to your addictive behavior. Triggers could include stashes of drugs or drug paraphernalia for a drug user; bottles of liquor for a drinker; ash trays and lighters for a smoker; pornography for someone with a sexual addiction. Letting go of these reminders can be a difficult process in itself but going through the process can harden your resolve to overcome your addiction this time. Putting support in place: Support can include every kind of social support, from informing friends and family who want you to overcome your addiction, to booking a place in detox and/or a treatment center, to finding a support group. It can even help to inform your addiction buddies (other drug users, drinkers, etc.) of your plans, asking them to respect your process and to not engage in the behavior around you. There may be many other preparations that need to be made in your specific circumstance, such as finding a clean, safe place to start your new life. If you need help from a counselor or social worker, this is the time to get it. He or she may also be able to help you with other preparations. It is important to remember not to rush the preparation stage. It will be different for everyone. For some people, such as those whose family and friends have been pleading for them to quit for years, all the support required might be readily available. For others, such as those leaving the sex trade, a whole new location and identity might be required. Once the necessary preparations have been made, a person is typically ready to move onto the action stage.

### Action

The action stage is the focus for many people attempting to overcome addiction. This is the stage at which real change, change of behavior, starts happening. The action stage is typically stressful, but with good preparation, it can also be an exciting time that gives way to new options. For many people, the action stage starts in a detox or treatment center, where there are trained professionals on site to support you through the early phases of discontinuing an addiction. For others, particularly those whose goals are around moderating or controlling behavior (rather than quitting completely), it can be similar to your normal life, but with greater restraint and perhaps a greater need for support and other ways of coping with stress. Depending on the goals you set in the contemplation stage, and the plans you made in the preparation stage, the action stage can occur in small, gradual steps, or it can be a complete life change. It may feel strange and even empty to be living life without the drama of your addiction. It takes time to get used to life without an addiction, even if your support and alternative ways of coping are good. Identifying and developing effective ways of coping with stress are crucial during the action stage. This will allow you to effectively move on to the maintenance stage, without experiencing the relapse stage.

## Maintenance

The maintenance stage of Prochaska and DiClemente's trans-theoretical model of change is concerned with continuing to achieve the progress that began in the action stage. For people with addictions, this means upholding the intentions made during the preparation stage and the behaviors introduced in the action stage. Usually, this will mean staying abstinent from alcohol or drugs, keeping to a reduced level of addictive behaviors, sticking to limits set, such as following a spending plan for compulsive gambling or shopping addiction, or continuing to pursue harm reduction goals, such as practicing safer sex. The maintenance stage is most challenging after a period of time has elapsed and the focus on reaching the goal has lost its intensity. People can become complacent at this point, and they may begin to think that a small lapse will make no real difference. Maintenance can also become difficult when the stress of life catches up with you and the old, familiar ways of coping, using the addictive behavior re-surface. This is why it is important to learn new ways of coping with stress during the action stage, so that alternative strategies will be available to you during the maintenance stage. Although many people are successful at maintaining abstinence from addictive behaviors, controlled drinking and substance use, and moderation in other addictive behaviors, relapse is also common. For this reason, "relapse" is also sometimes included as a stage within the stages of change model.

## Healthy Recovery Boundaries

When we speak of boundaries as it relates to recovery from Substance Use Disorder, we are referring to keeping your recovery safe and protected. Substance dependents have become highly sensitized to certain people, places and things that remind them of drug use, and trigger drug using thoughts. One of the ways to manage this is to set boundaries with people, places and things that are a threat to your recovery. Utilizing appropriate healthy recovery boundaries is empowering and helps you to gain control of your life again.

Establishing boundaries does not mean being judgmental of what other people choose to do. It is about firmly saying no to people, places and things that could threaten your sobriety.

Here are some examples of recovery boundaries that may need to be set:

Drug abusing friends, dealers, drug abusing partners or spouses.

Emotionally or physically abusive friends or family.

Nightclubs, bars, drug houses and anywhere there is a high risk of drug abuse taking place.

Begin saying yes to a positive, healthy, recovery environment, and say no to negative influences and triggers.

Spend some time thinking about what boundaries need to be set to protect your recovery and write them down. Ask your counselor for help. You can practice establishing boundaries by using role play exercises.

[illegible]

Recovery Literature and Technology

For many years, recovery literature has been a main stay in the treatment of addiction. Starting with the big book of AA, there have been many great books written on the topic of recovery from addiction. Add to that a growing number of recovery websites and apps that are now present on the internet These books, apps, and websites can be used as recovery maps or guides. However, like most topics available on the web, there is inaccurate and wrong information out there as well.

To successfully recover from addiction, the substance dependent will need to make changes in certain beliefs and behaviors. Recovery literature and online support sites are some of the tools that educate and inform the recovering substance abuser as to what needs to change and how to make those changes.

Here are some examples of popular recovery books that can be found in most inpatient and outpatient treatment settings: The Big Book of Alcoholics Anonymous, The Narcotics Anonymous Basic Text, Twelve Steps and Twelve Traditions, Co-dependent No More, The Language of Letting Go, A Day at a Time, The Addiction Recovery Skills Workbook and many others.

Your counselor should be well-versed on the various types of recovery and self-help books, apps and websites that are available, and can help you choose a good fit for your circumstances and beliefs.

A certain amount of humility and awareness may be required for you to reach the realization that change needs to happen, it is ok to ask for and receive help.

**www.matcounselor.com** will take you to the website entitled Recovery Resources. There you will find a large collection of recovery tools and support links that can be used in conjunction with this workbook.

The Recovery Resources site includes links to:

- 1. Recovery workbooks
- 2. Hypnotherapy sleep aides
- 3. Guided relaxation for anxiety
- 4. The Walk to Wellness exercise plan
- 5. Daily reflections
- 6. The largest global recovery support site
- 7. Live online recovery support meetings
- 8. Recovery speakers
- 9. Beginners Yoga
- 10. A smoking cessation group

Local and Online Support Groups

Family, friends, 12 step support groups, Spiritual and meditation groups, exercise classes, private therapy, and church are some of the supports that can be a valuable resource for ongoing recovery. Knowing that you are not alone, and that there are other people going through similar struggles can be very healing. When you let go of old drug using friends, there can initially be a void or a feeling of loneliness. Various types of support groups have been shown to provide a safe place to bond with others, as well as an avenue to learn what has worked for your peers. The old saying there is strength in numbers certainly applies to recovery from addiction. The 12 step programs of AA and NA are the largest, most effective support groups in the world for substance use disorders. These groups are free and easy to find. In many communities, there are 12 step meetings, 365 days a year. You can even attend live meetings online at [www.intherooms.com](http://www.intherooms.com). The in the room’s website is a great resource for those wanting to explore 12 step recovery methods. Your counselor can provide literature and education on the programs, as well as assist you with working the 12 steps if that is what you choose to do.

Although a long-time staple of addiction treatment, 12 step meetings are not for everybody, and some will choose a different path. Again, your counselor is well versed in the various types of support groups and will help you find something that will meet your needs.

Explain any experiences you may have had with support groups in the past, and what ideas you have moving forward.

---

---

---

---

---

---

---

---

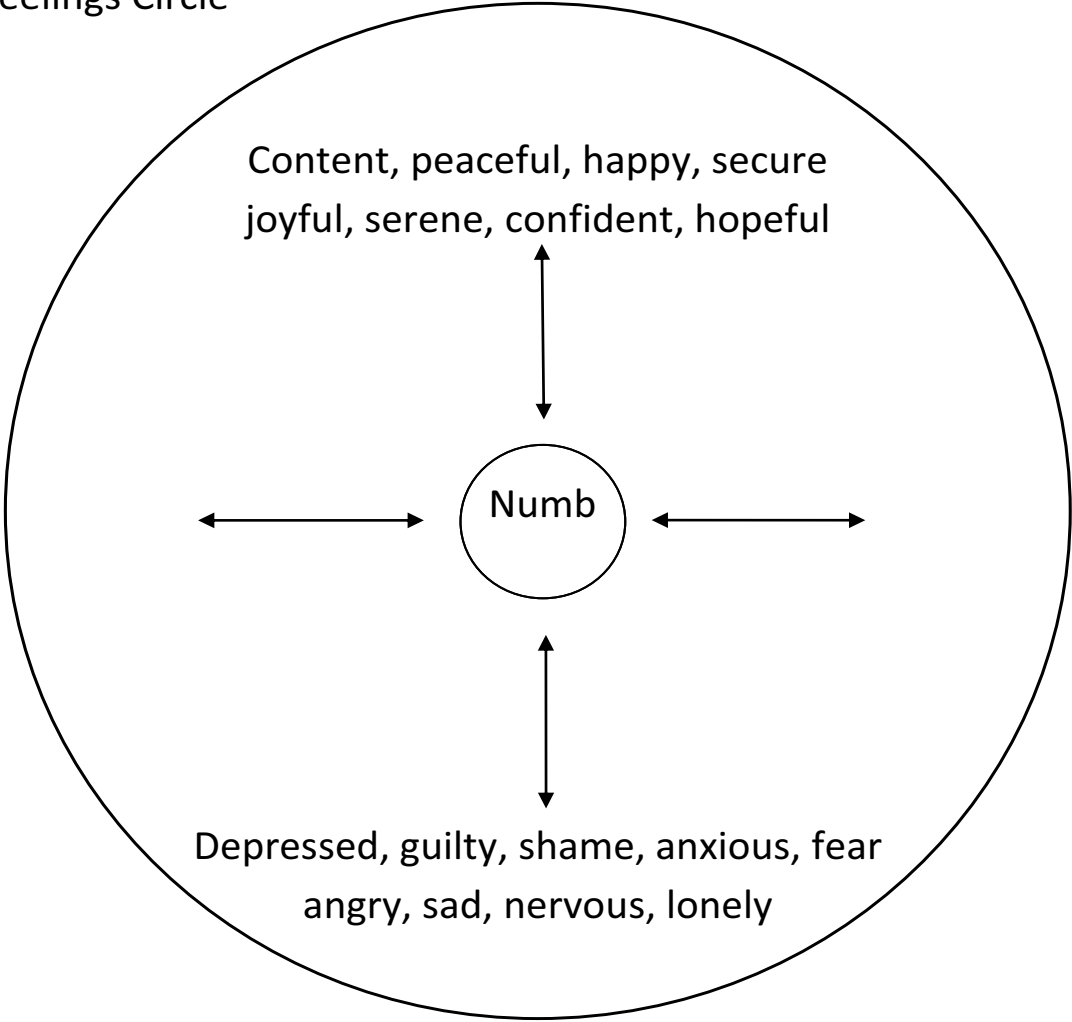
---

---

---

---

The Feelings Circle



Pleasant feelings: \_\_\_\_\_

Painful feelings: \_\_\_\_\_

Most people have a wide range of feelings. Many learn to cope with uncomfortable feelings in an age appropriate manor. Some try to use A&D to mask painful feelings which creates a false substance induced state. This may temporarily bring relief until the substance starts to wear off, and then more A&D is needed to try to manage more painful feelings, which creates a vicious cycle. This pattern of behavior can lead to the chronic illness of substance use disorder. The addicted person’s range of feelings becomes constricted, smaller and smaller. This affects all feelings, pleasant and painful, resulting in a dramatically reduced range of feelings or numbness. Part of a healthy recovery consists of learning how to identify feelings and developing coping skills to manage those that are uncomfortable.

Desensitization of Unhealthy Associations

When the substance addicted individual begins associating certain activities with the euphoric feeling of the substance induced state, a cognitive sensitization takes place. Here is an example. Let’s say there is a group of friends that enjoy going fishing every Saturday morning. Someone always brings a cooler full of cold beer. They enjoy sitting on their boat on the lake, drinking beer and fishing. A mind that is predisposed to addiction might start to associate cold beer and fishing. This can become very powerful. They might say something like “We can’t go fishing without a cooler of beer.” The trip could be delayed while someone rushes off to get the beer. We call this sensitization. The mind has become sensitized to that particular association which can be extremely difficult to break. The substance addicted mind can form many of these associations in all areas of life. The process of desensitization is simply learning to do certain specific activities again without using the substance. One activity at a time. One event at a time. This will become one of the main focuses of recovery. Keeping your disease of addiction in remission while slowly and methodically desensitizing your drug or alcohol using associations.

Identify some unhealthy associations that will need to be desensitized: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Internal and External Triggers

A trigger is a stimulus which has been repeatedly associated with the preparation for, anticipation of, or use of drugs and/or alcohol. These stimuli include people, things, places, times of day, and emotional states. People, places, objects, feelings and times can cause cravings. An important part of recovery from addiction, involves stopping the craving process. Begin to identify your specific triggers and learn to deal with them in a different way.

It takes effort to identify and stop a drug-use related thought. The further the thoughts progress; the more likely the individual is to use drugs.

Triggers, thoughts, and craving can run together. The usual “trigger” sequence, however, is as follows:

Trigger > Thought > Craving > Use

The key to dealing with this process, is to not allow it to start. Stopping the thought when it first begins, helps prevent it from building into a craving. Here are a few thought-stopping techniques: visualization, snapping, relaxation, calling someone, distraction (thought substitution), prayer, going to a 12-step meeting, reading recovery or spiritual literature, playing the “whole tape exercise.”

In the space below list some of your primary internal and external triggers:

Internal (feelings) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

External (people, places and things) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cognitive Rewiring

The brain becomes conditioned by repetition. Repeated thoughts or self-talk create pathways that can alter brain functioning. Thoughts and self-talk’ affect mood. Therefore, scary thoughts, combined with self-talk that questions one’s ability to cope, can create feelings of high anxiety and tension. While calming thoughts and affirming reassuring self-talk creates feelings of confidence and relaxation. The patterns of thinking and messages that you told yourself while in active addiction, were often impaired, unrealistic, negative and damaging. In recovery, we learn how to identify specific areas of impaired thinking and negative self-talk, challenge them, and then replace those thoughts and messages with something more realistic, supportive, and positive. This in turn has a major impact on mood and emotional well-being. Some of these patterns of impaired thinking have been with you a long time, and it will take repetition and persistence to change. It is well worth it. Another way to look at it is that you are rewiring your brain.

Using opioid replacement medications (like buprenorphine) can be especially helpful during this process. Since the medication helps manage withdrawal and cravings, and the maintenance phase of treatment is often lengthy, the individual has plenty of time to work on cognitive reframing.

Begin to pay attention to your specific negative thoughts and patterns of self-talk and write them down. Then write down a realistic and affirming message to replace the old one.

Negative irrational thoughts and messages	Positive, realistic thoughts and messages
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Negative irrational thoughts and messages	Positive, realistic thoughts and messages
_____	_____
_____	_____

---

---

---

---

---

Negative irrational thoughts and messages

---

---

---

---

---

---

---

---

Negative irrational thoughts and messages

---

---

---

---

---

---

---

---

---

---

---

---

Positive, realistic thoughts and messages

---

---

---

---

---

---

---

---

Positive, realistic thoughts and messages

---

---

---

---

---

---

---

Healing Relationships

Addiction is a family disease. Not only is the individual with the illness affected, but the rest of the family can be affected as well. Co-dependency, dishonesty, resentments, feelings of guilt and shame, and unhealthy enabling are just a few of the issues that can occur in a family trying to recover from substance use disorder. Learning to trust the recovering substance abuser, may be the single biggest hurdle to overcome. It will take time to rebuild that trust. Remember, the best way for those in recovery to demonstrate that they can be trusted again, is to show with responsible action, not words.

Now that the substance addicted person’s disease is moving into remission, they begin to feel normal again. It’s hard for them to understand why everyone can’t just let the past be the past and move forward. On the other hand, the family or significant other wants the opiate dependent to be “all better” right away. Patience for all involved is the recommended course of action.

Often time the family or significant others want to know how they can help or “fix” their addicted loved one. The loved ones can offer support, but ultimately, it falls on the shoulders of the opiate dependent to make and maintain the necessary changes to recover.

Licensed addictions counselors can help the individual and family work through many of these issues. The counselor will usually spend the first couple sessions working directly with the patient. After that, different family members or significant others are welcome to join some of the sessions. The counselor can provide helpful education and answer questions that the loved ones may have. Couples counseling is also available to foster better communication and compromise.

Do you feel that you and your family or significant other would benefit from family or couples counseling? Have you asked them, and have they agreed to participate?

Write down any thoughts you may have on the subject. Include several things that you are willing to change about yourself to promote healing in your relationships.

---

---

---

---

---

---

---

---

[illegible]

## Enjoyable Sober Activities

It is usually not enough to just stop abusing the drugs or alcohol. An addicted person can sometimes go days, weeks, even months without abusing drugs. They accomplish this with will power alone. However, when they begin using again, most will pick up where they left off. The addicted person quickly losing control of how much and how often they use.

A key element of maintaining long term sobriety is learning how to have fun and enjoy life again without abusing alcohol or drugs. When the drug misuse is stopped, the brain continues to heal. It begins producing more of the pleasure chemicals that are necessary to achieve natural highs. The goal is to not just achieve sobriety. It is more about developing a quality recovery lifestyle.

Think back to when you were a young child. Do you remember playing games with your friends, getting lost in an imaginary world? Or the excitement on the night before Christmas thinking about the joy that awaits you in the morning. The thrill of that first kiss or when your team wins the championship are all examples of natural highs. Our brain chemistry provides us with a vast array of pleasurable experiences and feelings. We come completely equipped with everything we need to enjoy life. As our drug misuse continues to progress, we begin to develop the belief that we need an external substance or drug to experience joy. We can become so lost in our addiction that we feel we cannot survive without our substance. But that is the big lie. In truth, our brains will heal, and we will return to enjoying life naturally again.

As addiction progresses, the process of getting and using the drugs becomes more and more of an obsession. This often robs us of our other interests and passions. There are many things to consider as you learn to develop quality sobriety. One of them is balance. Trying to achieve a healthy balance between work and play, as well as alone time and family, can be challenging. This is also the time to renew old hobbies and interests or acquire new ones. Rekindling the passion and meaning in life can be a wonderful journey. Fishing, camping, playing a musical instrument, travel, sewing, biking, sports, church, support groups, volunteering to help others, date night with your partner, gardening, photography, and taking a class are just a few of the endless number of things that people recovering from addiction enjoy.

Be careful not to fall into the rut of just working and sleeping. Ask your counselor for help and be willing to experience new things. Many opiate dependents develop all or nothing thinking. Allow your counselor to help you build an enjoyable quality sober lifestyle.

List some hobbies and interests that you would like to re-establish and some new interests you would like to pursue:

---

---

[illegible]

## Relaxation for Anxiety

High levels of unhealthy anxiety that lead to feelings of being overwhelmed is one of the number one causes of relapse for those recovering from opiate use disorder. As the anxious feelings become more uncomfortable, the urge to self-medicate by abusing drugs or alcohol often becomes too hard to resist. Regular practice of deep relaxation has been shown to help manage this type of anxiety.

We understand the many struggles that people in recovery have with anxiety. Counselors and therapists have been recommending various forms of guided visualization, progressive muscle relaxation and meditation for many years. They have long known that practicing this type of deep relaxation has emotional, physical and spiritual benefits.

## Eight Good Reasons to Practice Deep Relaxation:

\* Reduce anxiety and manage stress \* Reduce frequency and intensity of panic attacks \* Live a calmer life style with improved mood \* Help prevent relapse for those in recovery \* It feels good to be calm and at peace \* Lower blood pressure and risk of stroke \* add years to your life \* Help getting to sleep

Visit **[www.meditationalbums.com](http://www.meditationalbums.com)** to learn more about deep relaxation and meditation and to access audio presentations, downloads, and apps. that will help you achieve these deeper states of calm. Let your counselor know if you would like to try some hypnotherapy or guided relaxation at one of your sessions.

Remission Maintenance

After the substance dependent individual stops abusing his or her drugs or alcohol, the goal then becomes preventing relapse. Many men and women with long-term sobriety use words like maintenance and remission. Substance Use Disorder is a disease of the brain. The psychiatric Diagnostic and Statistical Manual 5th edition (DSMV), states that 3 months or more of continual recovery constitutes partial remission. 12 months or more of sobriety indicates complete full remission. Long-term sobriety or recovery consists of placing the disease of addiction in remission and keeping it there.

This is where a remission maintenance plan comes into play. The substance dependent has lost the ability to control or stop their drug use, so it becomes critical to avoid relapse back into drug use and all the negative consequences that come with it.

Below is a sample remission maintenance plan:

1. Understand relapse as a process, not an event.  
The Relapse process starts long before the drug or drink are actually taken. Extended periods of agitation, restlessness, confusion, and a feeling of being “off track” are all indicators that your recovery could be in danger. Not talking about your feelings, increasing anxiety and a feeling of being overwhelmed can all be warning signs. If these warning signs are not dealt with, old thinking and behavior patterns often resurface. Manipulation, dishonesty, wanting to be in control can be examples of a recovery program that needs tending. The AA program calls it “stinking thinking.” Eventually one will either get their recovery back on track or get so frustrated and deluded that they begin using drugs/alcohol again.

2. Increase participation in healthy activities.

What healthy activities can you increase? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Understand and address social pressures to use substances.

What boundaries need to be set and by who? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Develop a supportive remission maintenance network (e.g., with significant others).

Make a list of those people in your remission maintenance network. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Recognize relapse warning signs, including internal and external triggers.

Write a list of your internal and external triggers. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Combat memories of drug abuse-associated euphoria.

Develop and learn how to play the whole tape (and then what) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Reinforce recollections of negative aspects of drug use.

Make a list of the negative aspects of drug/alcohol use. \_\_\_\_\_

---

---

---

8. Avoid people, places, and things that might trigger drug use.

Create a list of people, places and things that might trigger drug/alcohol use. \_\_\_\_\_

---

---

---

---

9. Develop a list of pleasurable and rewarding alternatives to drug use.

---

---

---

## Emotional Well-being

Much of what we have been talking about concerns emotional well-being. Those that have developed and maintained a healthy recovery have learned how to place their emotional well-being as their top priority. This does not mean that they are selfish or self-centered; quite the contrary, they know that they can't help anyone else if they don't keep themselves healthy. The old saying, "you can't give away what you don't have," certainly applies here.

We are all different. What one person needs to attend to in order to feel well can be different for someone else. Exercise, sleep, and diet all play a factor. Balance and boundaries are important components, as are hobbies and interests. Living a sober life of passion and purpose with realistic and affirming self-talk and achievable goals all help to reduce the risk of relapse.

Remember, if a drug addicted person stops abusing drugs and doesn't change anything else, they can become restless and discontented. Then, the thinking usually goes something like this. If this is what being sober is like, I'd rather just go get high. This is why developing a quality recovery lifestyle is so important. If that same person is enjoying their life and feeling good about themselves, their chances of relapse are greatly reduced. Your Counselor should know how to help recovering people develop productive, meaningful recovery lives. Talk to them. Ask questions. Ask for help.

List areas of concerns you have identified that you may need help with.

---

---

---

---

---

---

---

---

---

---

## Follow Up Counseling

During this time of medication management, you have gotten to know your counselor, and he or she have gotten to know you. Within this relationship, healing has taken place. You have invested a lot of time and money into this, and what you have received for your efforts is a quality sober life. Your disease of addiction is in remission. But remember; recovery is not a destination, not a place that you get to. It is a way of life that you learn how to live. Like anyone else with a chronic disease, you must continue to walk the walk of recovery. Some of you may have already completed your medication taper, while others have realized that it may be months or longer that they will need to continue their medication.

The relationship you have built with your counselor is a valuable commodity. You are always welcome to schedule a session. If you reach a point in your life where there is struggle, don't hesitate to reach out to your counselor for help and guidance. The sessions can be just to touch base or for deeper struggles (empty nest, loss of employment, or other major life events).

If you relapse back into drug or alcohol use, don't let shame or pride keep you out there in active addiction. Your counselor understands that relapse is often another stage or learning period that can lead to sustained recovery in the end.

## The Daily Self-report and Personal Inventory

The Daily self-report and personal inventory that begins on the next page, is an effective recovery tool for maintaining awareness of the here and now. Each day when you wake up, write down your feelings and thoughts. Follow this by documenting the things you would like to do from now until you go to sleep. Maintaining awareness of what is unfolding during each twenty-four hours helps us avoid excessive guilt about the past and worry about the future. Complete the day with a brief recap including challenges and achievements.

Repeating the self-report and personal inventory on a daily basis, helps add structure to our lives. We can learn to observe healthy or destructive patterns beginning to develop. Then, correct mistakes and change behaviors if needed. Above all else, maintaining focus on the present helps us avoid feeling overwhelmed by the accumulation of stress and anxiety.

We have included 30 daily self-reports and personal inventories. This will be sufficient for the first month. Feel free to make copies for ongoing use.

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Daily Self-report and Personal Inventory

Today I feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today I think: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From now until I go to sleep tonight I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily inventory

The last 24 hours I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PART TWO  
THE ART OF STRUGGGLE REDUCTION

Reduce the Struggle

Think for a moment about how you would answer the next two questions. What would it feel like to spend most of the time, most days, living in peace? And what is preventing it?

The Art of Struggle Reduction provides a foundation for viewing life through a different lens. The concepts are easy to understand but can be challenging to implement. The reason is that the human mind is complicated, and The Art of Struggle Reduction is simple, very simple. One school of thought is that if you are not busy doing something and staying on top of things, you will lose your edge and your effectiveness. This attitude can create an over-active mind, prone to excessive worry and stress. The Art of Struggle Reduction takes a different approach. Moving through life with minimal worry, stress, and struggle makes one more effective, not less. Imagine walking straight through an empty room to the other side instead of winding your way through piles of clutter. The heart of Struggle Reduction is less clutter. A mind that is settled and clear is at peace. Understanding replaces knowledge.

The methods we will discuss have been shown to be effective in helping to manage anger and stress and helping to prevent relapse for those with substance use disorders and other mental health issues. Clients that do not learn how to manage and cope with anxiety and stress often relapsed, returning to the maladaptive pattern of self-medicating those uncomfortable feelings. There is a clear link among anxiety, stress, and relapse.

The Art of Struggle Reduction teaches the listener to observe his or her thoughts, identify areas of internal struggle, and utilize a few simple strategies—to allow the struggle to be reduced. The benefits are many: reduced anxiety, reduced frequency and intensity of panic attacks, less difficulty falling asleep at night, and a calmer lifestyle when awake. For the discussion of recovery from addiction, Struggle Reduction can be used to manage stress and anger which helps to prevent relapse. Regularly reaching a deep state of calm can help with overall health problems, such as lowering high blood pressure, and reducing the risk of stroke. These changes can potentially add years to your life. The bottom line is living a more calm, peaceful, relaxed life is good for your health.

SPECIFIC STRATEGIES AND METHODS  
OF STRUGGLE REDUCTION

## The Water Globe

Visualize a water globe or snow globe. Imagine that each piece of glitter or snow floating in the water represents one of your thoughts. When you shake up the globe trying to make something happen, the glitter or snow moves about rapidly in a chaotic manor; however, if you sit the water globe down and just let it be, just observe it without intent, it becomes calm and still. Peace is a natural state, and when the mind is settled, peace exists. So, what causes the mind to become unsettled? Many forms of negative thinking and self-talk, irrational thoughts, worry, fear, obsessive guilt and shame, envy and jealousy—simply put, it is our own internal struggle that kidnaps our minds from the awareness of peace. So, the question is not how does one find peace, but instead how does one reduce struggle. Come to understand why we struggle, and the struggle will cease.

Every moment of this day we have the choice to keep our hearts and souls open and aware of the peace that exists in the here and now, or to allow our minds to ignore this truth and get lost in the powerful negative energy that fuels anxiety and struggle. How you choose to spend your emotional energy from now until you go to sleep tonight will go far in determining the amount of peace in your life.

## DTM Scale (Do the Math)

By observing your thoughts, you can identify areas of internal struggle. Then, utilizing a few simple methods and strategies, you can learn to reduce or release that struggle. Struggle exists both in the way we perceive external events and how those perceptions affect our internal dialog. Peace exists in the absence of struggle. Remember, the question is not how to find peace, but instead how to reduce struggle.

Every twenty-four hours, most of us spend five to eight hours sleeping. Of the remaining time, basically your time awake, how much is spent living in peace? And how much is spent living in struggle? Out of 100 percent of your time (16 to 19 hours per day), place a number that represents the average percent of time spent in struggle and another number representing the time spent at peace. Make sure both numbers add up to 100. You can use the following diagram for guidance. I've listed some examples; however, personalize it by adding your own in the spaces provided.

Struggle \_\_\_\_\_% worry, negative self-talk, fear, anger, guilt and shame, road rage, phobic, controlling, anxious, people-pleasing, overly critical, arguments with spouse or partner, problems with coworker

---

---

---

---

---

---

Peace \_\_\_\_\_% relaxed, calm, happy, serene, enjoying life, worry-free, grateful, understanding, realistic self-talk, humility, loving, secure, accepting

---

---

---

---

---



Most people who do the math realize that 50 to 90 percent of their day is spent in some form of struggle. By increasing awareness and making some changes in thinking, these percentages can be adjusted. Try pausing several times a day to do the math. If you observe any struggle thinking, then it's time to make some decisions. The Art of Struggle Reduction offers 3 options. One, accept the situation exactly as it is then release the struggle. Two, take immediate action on a specific issue then release the struggle. And three, schedule a time later to resolve the situation and then release the struggle. Whether you decide to accept, act or delay, you can always choose to release the struggle and shift awareness to peace that exists in the present moment. With practice, a feeling of gaining more control over your life develops and you will begin taking joy in letting go of present moment struggle.

### The Integrity Flower

The Integrity Flower exercise teaches us that when our outward behavior and actions don't match with the inner voice that guides us, there is struggle, and where there is struggle there is no peace. If you have a piece of paper and a pencil you could draw this out; otherwise, use your imagination. Imagine a flower with a large round center surrounded by small round petals. The large center circle of the flower represents the deepest part of us, our center and core of our being. Some would call it our soul, spirit, or heart. It is the inner voice that guides us. This is the place where we intuitively know right from wrong. The small round circles or petals represent our outward behavior and actions, the act of doing. Now take a self-inventory. How many of your actions are completely consistent with your innermost beliefs? By examining and being brutally honest with yourself you can continue to make adjustments. As your outside actions become more in harmony with your inside beliefs, struggle falls away, and peace remains.

The goal here is to reduce struggle. In the world today, so many people live their lives in struggle with high levels of stress and anxiety. Some of the external challenges can seem very difficult. However, it is your perception of these events that will determine the amount of internal struggle you experience. With practice, it becomes easier to keep your awareness focused on the now and the peace that exists there.

Make a list of specific behaviors you would like to change to make them more consistent with your core beliefs.

Make Hills Out of The Mountain

Not being able to identify the various challenges in our lives can make it difficult to find solutions. By the time most people seek counseling for addiction and other mental health issues their ability to see the problems clearly has become clouded. It can begin to feel like everything has piled up and become one huge problem that is too big to handle. One huge mountain too large to climb. This robs us of motivation to work on solutions and keeps us stuck. We may even give up trying altogether. It can feel hopeless.

What is the answer? Start by making hills out of the mountain, they are much easier to travel. Each hill can be named and observed separately, for example: finances, relationship, employment etc. Deal with one hill or problem at a time rather than trying to tackle everything at once. Remember, whether you decide to accept, act, or delay, always choose to release the struggle and shift awareness to present moment peace.

Now answer these 2 questions:  
If you are experiencing this problem, can you express how it makes you feel?

---

---

---

---

---

---

---

Can you identify and list areas in your life that are causing you struggle today?

---

---

---

---

Empty the Tank

Imagine that there are two separate tanks in your brain. One is used for processing events, and the other is used for storage. Everyday many different events occur in our lives. It is how we perceive and process these events and manage the feelings that will determine our level of struggle. For example; an event occurs. It is perceived and processed in the processing tank. Feelings are felt and managed, and then another event occurs, etc. If there is a problem with processing the event or managing the feelings, the unresolved content is moved to the storage tank where it could stay for hours, months, or even years. If the storage tank becomes full, the emotional content stored there begins to leak into the processing tank, disrupting the functioning there. It then becomes increasingly difficult to manage feelings, resulting in struggles with anxiety, fear, depression, anger and more. The solution is a dual process. Step one is to repair the processing tank by adjusting the way we perceive and process life’s daily events. This will have a direct and positive impact on the feelings that are created, making them easier to manage. Increasing our struggle reduction methods will help keep the processing tank clean, clear, and functioning smoothly.

Step two is to observe specific content in the storage tank and then release the struggle. This will free up space. If we have done a good job with the first step, we won’t be adding very much new content to the storage tank. And peace exists in the absence of struggle.

What irrational or impaired thinking do you use, on a daily basis that causes struggle?

---

---

---

---

What kind of thinking could you implement that would increase feelings of peace?

---

---

---

---

Can you identify anything in your storage tank that needs to be removed?

---

---

---

---

Identify and discuss specific strategies you can use to remove content from your storage tank.

---

---

---

---

Identify and list specific struggle reduction strategies to use in the here and now.

---

---

---

---

Some Thoughts on Relationship

Person A and person B are two separate and distinct individuals. Each has his or her own level of self-esteem, confidence, values, and ethics. They both have certain intuitive abilities to manage his or her emotions and behaviors with social supports for help. They each have their own interests, hobbies, hopes, and dreams. And both are on the path, as we all are, to receive the knowledge, insight, and understanding that life’s journey will bring.

If person A and person B meet along the way, they may choose to walk the path together. They are two people on separate journeys walking the same path. They walk together because they have chosen to do so. They may come to care deeply for one another and form a rock-solid commitment to remain together on the path forever. Still they remain two people on separate journeys walking the same path.

In order for two separate and distinct individuals to walk the path together, they must learn the art of compromise. Debating ideas and beliefs is best done with empathy and compassion. Sadly, many strong feelings and emotions can cloud the view. It is important not to lose sight of the reason for compromise, and that is the choice to walk the path together. Compromise requires communication rooted in caring and respect for one another.

Many couples lose sight of caring compromise and become lost along the way. This is what lost looks like: saying or doing cruel things to each other, losing identity and becoming overly needy and dependent on each other. Lost looks like subjecting one another to physical or emotional pain, trying to control or force, and losing the ability to manage emotions and behaviors.

Love understands this. Love allows person A and person B to remain two separate and distinct individuals who have made the choice to travel the path together. Love shines a light so they can find the path if they get lost along the way. Love allows for each to want the other to experience his or her hopes and dreams to the fullest. Love provides strength and guidance to help them remain supportive of one another’s journey, as they walk the path together.

Now answer these 3 questions:  
Can you identify any struggles in your relationships?

---

---

---

---

---

What specific changes could you make to improve the relationship?

---

---

---

---

---

---

What specific changes would you like to see your partner make?

---

---

---

---

---

---

Meditation

I would like to present a very simple view on the topic of meditation. Less is more. When listening to music it is not necessarily the notes that create the rhythm or feel of the song, it is the space between the notes. Assume a comfortable sitting position, close your eyes, take a few deep breaths, smile, and relax. Soon you may begin to notice the thoughts racing around in your mind. Trying to slow your thoughts down or clear your mind of them all together just creates struggle. Where there is struggle, there is no peace. Instead, just relax and observe without intent. Visualize that you are watching a movie and your thoughts are the movie’s scenes flashing across the big screen. If you can relax and observe without struggle, allowing the thoughts to come and go peacefully, the thoughts will begin to slow down on their own with no effort on your part. In fact, effort on your part will just stir them up. As the thoughts begin to slow, your awareness of peace begins to increase. This can take up to 15 or 20 minutes, but the centering down time decreases with practice.

It may take several attempts to develop a comfort level with this process as most people are not used to sitting still without activity. But that is what this meditation consists of. As you continue to sit with eyes closed and a relaxed attitude, the increased awareness of peace just happens. When one comes to understand this on a deeper level, anxiety and worry is reduced. After all what is there to worry about, all you are doing is sitting and observing. Everything occurs naturally, without effort. Why not try going to the “movies” tonight.

Deep Relaxation

One of the most effective ways to manage anxiety and stress is to learn how to relax. Not just relaxing as in “kicking back” and reading a good book but learning how to reach a deep state of relaxation. Some of the methods for achieving this are guided visualization, meditation, and progressive muscle relaxation.

Progressive muscle relaxation, or PMR, was discovered and introduced by Dr. Edmund Jacobson. This technique involves tensing and relaxing various major muscle groups throughout the body in what some refer to as “bringing the body down.” Guided visualization and meditation can help ease the mind into harmony with the relaxed body. A good way to look at it is, “bring the body down and the mind will follow.”

The term “guided relaxation” refers to a recorded voice-over that explains to and guides the listener. As with any guided relaxation, the listener is encouraged to assume a comfortable position and close their eyes. It is important to remember not to try to force a state of calm or clearing of the mind, as that only creates struggle. Instead, just relax, smile, and allow the relaxation to unfold. The body and mind will naturally settle and become still. Remember to take slow, deep breaths during the practice. When the session is over, the participant usually experiences a relaxed feeling, both physically and emotionally. The mind and body become accustomed to deep relaxation, and with regular practice, moving easily into a deep state of calm.

You can listen to and practice guided relaxation on the [www.meditationalbums.com](http://www.meditationalbums.com) website. I recommend practicing relaxation daily, for four to six weeks. The practice may then be adjusted as needed. If your anxiety level increases, try increasing the number of sessions. Also, on nights when you have difficulty falling asleep, practicing deep relaxation will often put you right to sleep. In my experience, this practice of guided relaxation has been especially helpful to those with addiction problems and certain types of anxiety disorders.

Progressive Muscle Relaxation Script

Progressive muscle relaxation can be effectively utilized as needed to help reduce stress, as maintenance in a relaxation program, and to help induce sleep. The technique is simple and involves the tightening and relaxing of muscle groups throughout the body. First, we will tighten a specific muscle group, and then bring your awareness to how the muscle feels when tense. Hold it for seven seconds, release it suddenly, and bring your awareness to how the muscle now feels relaxed. Follow this with a deep breath to the bottom of your lungs. Tensing and relaxing various muscle groups throughout the body can help produce a deep state of calm. Let’s begin by closing our eyes and taking a deep breath. As you breathe in and out, allow your worries and concerns to drift away. Now, let’s begin with the muscles around your eyes and forehead. Tighten the muscles and hold it 1, 2, 3, 4, 5, 6, 7, and release, deep breath. Press your tongue against the roof of your mouth and tighten your jaw muscles, 1, 2, 3, 4, 5, 6, 7, and release. Allow your muscles to relax and your mouth to hang open. Now push your shoulders up, trying to touch your ears, and hold it, 1, 2, 3, 4, 5, 6, 7, and release, deep breath. Move to the muscles in your upper back, try to push your shoulder blades together and hold it 1, 2, 3, 4, 5, 6, 7, and release, deep breath. Moving to your right arm we tighten the bicep, triceps, wrist and hand, tightening them all and hold it 1, 2, 3, 4, 5, 6, 7, release. Now, we'll do the same thing with our left arm the bicep, triceps, wrist and hand tensing all the muscles and hold it 1, 2, 3, 4, 5, 6, 7, release, deep breath. As you move to the muscles in your stomach, you begin to feel your upper body becoming heavy and calm. Tighten your stomach muscles and hold it, 1, 2, 3, 4, 5, 6, 7, and release. As the tensions continue to leave your muscles, you feel your body relaxing more and more. Next, we move to our right leg. Tighten your thigh, calf all the way down to your ankle and hold it, 1, 2, 3, 4, 5, 6, 7, release, deep breath. Moving to our left leg we tighten the thigh, calf, and down to the ankle tensing them all and hold it, 1, 2, 3, 4, 5, 6, 7, and release, deep breath. Your body is heavy. Your mind is calm as you drift deeper and deeper into total relaxation.

## From Now Until You Go to Sleep

Prior to a musical performance, the band will often do a dress rehearsal or sound check. They perform a part of the regular show, making sure everything is in tune and functioning. The musicians and crew adjust volumes, aim lighting, and basically prepare for the show that will take place later. Many people spend their time on earth in a dress rehearsal, preparing to live their life. It sounds like this: “One of these days, I’m going to...” or, “Someday I will get around to that...” Blame is often assigned to someone or something: “If I could just get out of this relationship...” or, “When I finally get a better job...” The Art of Struggle Reduction teaches us to live in the present moment and take responsibility for our choices. A phrase often used in Struggle Reduction is “from now until I go to sleep tonight.”

Each moment, you can decide to release the struggle and be aware of peace. It's your decision what type of morals you will live by and if your actions will be in harmony with the inner voice that guides you. You will choose how much time you spend worrying about what other people think of you. From now until you go to sleep tonight, live the life you want, in peace, and with meaning and purpose. It is your choice, and this is not a dress rehearsal.

From now until I go to sleep tonight, this is how I choose to live my life

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Re-establish Your Baseline

For the purpose of this book, the term baseline refers to the place where one feels the most emotionally stable and well. Think of one of those days when you are moving through life with the wind at your back and a clear view of the peace that exists in the here and now. The numbers 1, 2, and 3 represent three different individuals with varying levels of anxiety. Person 1 in our example experiences a mild amount of anxiety based on his or her perceptions of life's events. This anxiety moves them a short distance from their baseline. However, person number one has the coping skills to manage and return to his or her baseline. Person 2, on the other hand, finds life's events much more difficult to manage. Moderate anxiety has moved him or her much further from their baseline causing considerable discomfort. It is with much struggle that this person is able to find and return to his or her baseline. Finally, person number three has minimal ability to cope at this time and struggles to even remember what the baseline feels like. High anxiety has moved this person to a very scary place, and he or she cannot find the way back.

## Baseline

- 1 Mild anxiety, uneasy feelings
- 2 Moderate anxiety, very uncomfortable
- 3 High anxiety, panic, extreme fear

When anxiety reaches high levels, the goal is to reduce it enough to re-establish some comfort with the baseline. Re-discovering your baseline after having been out on an emotional limb is like a drop of water in the desert. The increased awareness of peace, along with the relaxation and meditation techniques featured in this book, will help many re-establish their baseline. You may need to seek the help of a licensed mental health counselor or psychiatrist if the anxiety persists at a high level. As you learn how to incorporate the principles of Struggle Reduction into your life, the Baseline chart and the DTM scale in chapter 3 can be used as helpful guides.

# Oneness

I remember as a child laying in the yard, on my back, feeling and smelling the earth and grass. Gazing up at the sky, I would watch the beautiful white clouds slowly morph from one shape to the next. First, I could see a dinosaur, then a tree, and then a car. With no beginning or ending, the slow continual movement of the clouds created a playground right in front of my eyes. I remember a feeling of oneness with the earth and sky, as time seemed to stand still. Totally present in the moment, there was no regretting the past, or worry for the future. There was not even a conscious awareness of self. Everything was connected. The warm summer breeze was the artist, creating an ever-changing display of fascinating objects. There was peace and happiness. Not a care in the world.

I still experience those moments as an adult, maybe on a lovely summer day, playing in the yard with my children or walking on the sandy beach, listening to the hypnotic sound of the ocean waves. Often during silent meditation or deep relaxation, life just opens up, and that feeling of oneness occurs, accompanied by total joy and peace. There is a very natural feel to it. It just is. And I wonder if everything else is some type of struggle, in one form or another.

# Practicing the Art of Struggle Reduction

Sometime during each day, sit down and close your eyes. Next, take a few deep breaths and observe your thoughts. Don't try to clear your mind or change anything, just observe without intent. Don't push or exert, just relax and observe for several minutes. Then using the DTM journal on the following pages, list any peaceful or struggle thinking that you observed. In the space provided, write a few notes about your thoughts. Remember, there is no right or wrong way to do this. This is not a test or competition. Just a flowing, effortless, awareness of how you are using your emotional energy. Doesn't it make sense to shift your awareness away from any struggle thinking?

Then, in the evening, journal about your perceptions of the day's events. How did those perceptions affect your feelings? Doesn't it make sense to shift your awareness from negative struggle thinking to positive peaceful thoughts?

We have included 30 daily DTM Scores. This will be sufficient for the first month. Feel free to make copies for ongoing use.

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DTM SCORE

Struggle \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Peace \_\_\_\_\_ %

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-REPORT

In the past 24 hours, I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

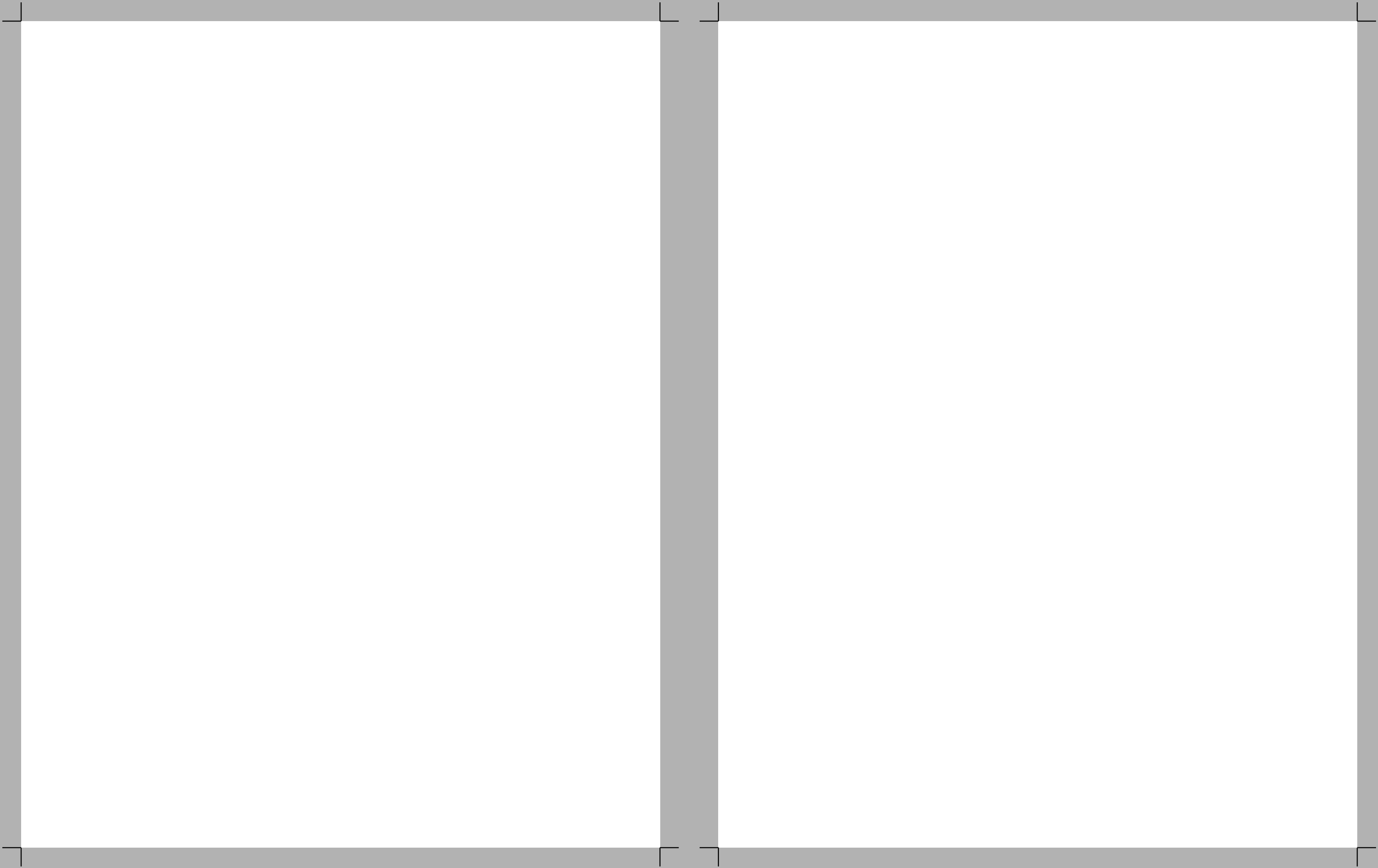
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Proof