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Step 2: THE SOLUTION

The important thing about Bill W.'s story, about your story, is that, like Bill, you don't have to remain helpless and miserable. What happened to Bill can happen to you. What happens to you has also happened to us, that's why this is a 12-Step program. Meaning you are not alone.

Here is the Second Step in the AA Twelve Step program: "Come to believe that a power greater than ourselves could restore us to sanity."

In order to understand Step Two, you must first understand these four ideas:

- 1. Spiritual experience
2. Sanity and insanity
3. Higher Power
4. Belief and faith

First, let's discuss spiritual experiences. This idea is central to your recovery.

READ THE FOLLOWING AREA OF THE BIG BOOK.

CHAPTER 2 - THERE IS A SOLUTION, PAGES 17 -29

APPENDIX II pages 567 - 568

The phrase "spiritual experiences" is first mentioned on page 25 of the book, and is explained in detail in the appendix area above.

Exercise 1: ANSWER THE FOLLOWING WITH TRUE OR FALSE

After reading the descriptions of "spiritual experience" in the book, answer the following:

- 1. A spiritual experience must be sudden and spectacular. ()
2. By using self-discipline, an alcoholic can get the same results that a spiritual experience will give. ()
3. For many, having a spiritual experience means tapping inner resources, which they think of as a power greater than themselves. ()
4. Even if you close your mind to spiritual ideas, you can recover from alcoholism. ()
5. Change is what a spiritual experience is all about. ()

If you answered any as false explain why you feel this way.

Blank lines for writing answers to the exercise.

Your notes:

Blank lines for taking notes.

Drug Bites The Series That Gives You The Real Deal on Drugs

Cannabis Quiz

1. Cannabis comes in three different forms. Which one is strongest?

- (tick one)
• Hashish
• Cannabis leaves and buds
• Hash oil

2. True or False: Cannabis smoke is more dangerous than cigarette smoke.

3. True or False: Cannabis is not addictive.

4. True or False: Cannabis use may lower sperm count.

5. True or False: People can overdose on cannabis.

Relapse Prevention Plan

Patient name Today's date

Mental health medications

Table with columns for medication name, dosage, and frequency.

Other treatments

Blank lines for listing other treatments.

Personal warning signs

Blank lines for listing personal warning signs.

Things I do to prevent symptoms from returning

Blank lines for listing things done to prevent symptoms.

In symptoms return, contact Phone

Contact/appointment information

Form for contact and appointment information for primary care, therapist, and psychiatrist.



Peer Assistance Services

Client Name

Relapse Prevention Plan

1) My mental health diagnosis is

2) Three symptoms I experience with my illness are:

- a)
b)
c)

3) Stressful events that endangered my mental health and require a crisis:

Large box for describing stressful events.

4) What can I do to handle stressful events in the future:

Large box for describing future coping strategies.

5) Current stressors in my life are:

Large box for describing current stressors.

Relapse Prevention Plan Worksheet pdf

Some techniques of relapse prevention are given in the table. Make sure to follow these steps to minimize the chances of relapse.

Take care of your HALT: H= hunger A= anger L= loneliness T=tiredness
Change your environment: make new friends live in a positive environment that is free from triggers
Find out relapse triggers and work on them: e.g. stress, conflicts, negative emotions, financial problems
Assess yourself: assess your needs, problems, and thoughts
Train yourself: trained yourself to get control over yourself
Educate yourself: learn about the relapse process its stages and how you prevent yourself
Aware of yourself: be aware of relapse triggers and signs and do not neglect them
Motivate yourself: keep motivating yourself by joining motivational interviewing and programs related to recovery
Follow follow-ups: strictly follow your follow-ups.

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2. Stream the episode in the player below, and subscribe to the Men's Health Podcast on iTunes today. - Examining the Pros and Cons Mind on Mental Health (Podcast), has an engaging host and knowledgeable speakers on MH topicsMood Swings/Bipolar DisorderUnderstanding and Coping with Mood SwingsMotivation Building (Internal) 3 G's to Keep You Going13 Expectations and Aspirations14 Character Traits that are Essential for Sustaining Internal MotivationDecreasing the Negative & Increasing the Positive - (Love the Good, Hate the Bad)Dissecting the Heart - Enhanced internal motivation buildingFlammable Areas - Early stage insight and motivation buildingFriction, Traction and ActionREAD - Getting Started - (What Do I Do? For every treat, do 100 burpees. You may be able to find more information about this and similar content at piano.io Featured Substance Use ToolsPage 2Featured Substance Use ToolsPage 3Featured Substance Use ToolsGroup Activities by Topic Alphabetical Listings by Topic:< To search by word anywhere on this page press: CTRL F > CBT SpecificCognitive Behavioral Therapy OverviewREBT - Overview of Rational Emotive Behavioral Therapy skills for groupChange Planning/Recovery PlanningREAD: 5 and 5 for ChangeChange Analysis - Examining the actual, the real and the idealChange Management PlanningFlipping the Script on AddictionA Journey Through Change - Looking at change from various perspectivesLife's Education: Breaking the pattern of repeated mistakesOutside In - Building yourself up on the inside by developing a solid planREAD: Planning for InspirationReturn to NormalcyStay Inspired by Planning for Change (Activity)/Checking In and Progress ReportsCheck In - A basic tool for checking in where you are todayCheck In Cheat Sheet - A comprehensive list of information and ideas for the check in process in therapyGroup GoalProgress Report - Basic progress report worksheet for getting relevant discussion startedSelf Assessment; Giving Credit Where Credit is DueSystems Check - A comprehensive review of where you are in the change processChildren (Activities for Children 12 and Under)Telehealth Play Therapy Activities - MindpeaceCincinnatiClosing Group - Ideas, Activities and Worksheets for the End of the SessionDiscussion Outline for Speakers or VideosEnd of the Day ReviewGoodbye Group - An outline for group when someone is leaving, graduating or moving onGroup Close-Out Ideas Life Story OutlineMotivational MinuteText Yourself Before You Wreck Yourself - (Group close-out homework and follow-up activity)Topics for Art or JournalingWeekend Relapse Prevention PlanCohesion Building for GroupsSA's - Appreciation, Assessment & AdviceAdjective AnecdotesBrief Group Module and Icebreaker Collection 1 - Multiple shorter activities to choose from in this collectionBrief Group Module and Icebreaker Collection 2 - More shorter activities like in collection 1 aboveBrief Group Module and Icebreaker Collection 3 - Even more. Caption ThisCare or Don't Care Icebreaker - Another basic tool for starting group discussionChoose or Lose Icebreaker - Some basic multiple choice questions for opening up discussion Cohesion CardsDeclare-Disclose-Display - A variety of ways to get the group talking and interactingDeep and Personal - Some in depth personal questions for opening people upDescribe - Draw - Describe - Get group sharing thoughts and feelings with artEscalator Jeopardy - A comprehensive educational review - (Also see "Life Jeopardy" under the Coping Skills heading)Fill in the Blanks Discussion GeneratorFun FactsGrab Bag - A great list of interesting, questions and other situations to get people talkingGrading the Group - Interactive group report cardGroup AwardsGroup Clue - This one has a little bit of education because it explains the power and value of group cohesionGroup ProfileGroup Member Fill In the Blank - A great exercise to have fun and make group interactiveThe Honesty GameHello NeighborIcebreakers for Break Time - Short but interesting group assignments for breaks in between groupsImage NarrationsThe League of Just Us - A basic fun activity focused on superheroesMaking the Most out of Substance Use Treatment - This is unique because it is an interactive Kahoot activityMajority - Interactive exercise, better for an established group than a new oneOne ThingPointless Pursuits - (Warning: only try this if you and the group members have established a degree of comfort with one another)Positive VibesThe RandomizerRemember When... "Roll Play"...aka This May Get Dicey"Slips of Paper" - A quick and easy icebreaker that gets a group talking with no prep timeSocial Media Icebreaker - Exercise for self expression based on social mediaTeaching an Old Dog New TricksTelehealth Specific Group Cohesion Building Activities - Ideas specifically for virtual video groupsTopic Turnaround/Unique - Discussing what you would and wouldn't do do not forget to check the Taking the Escalator FORUM page for more icebreakers and brief group therapy modulesCommitmentBreaking the Cycle of Broken PromisesCommitmentCommunication, Boundaries and Social SkillsAssertive CommunicationLearning to Say "No" EffectivelySophisticated DebatesWin, Lose or Indifferent: Positive Qualities for Positive GainsComplacencyComplacency - (Submitted by Laura Laura Hennessy, LCSW. That's where Gaddour comes in. - Getting Started Up the Mountain) - Motivational reading Going the Distance: Sustaining MotivationJust Do It (Already)Low Hanging FruitMotivatedMotivate Me 1 2 3Motivation, Determination, & Habit in Recovery - (Submitted by Cassie Jewell)"Must Haves" - Identifying and Discussing Basic Needs for Self-ImprovementPositive Motivation - Building motivation by focusing on the positiveStarting and Staying on a Positive NoteSelf Motivation Workbook - (Origin unknown)Music Music and Recovery - (Submitted by Caitlin Kennedy LCSW, LCADC) Safety, Suicide Prevention, Risk ManagementSelf Awareness: (See Insight)Self Care and WellnessBody TalkBoredom BusterGrind Through BoredomRethinking BoredomSelf-Care ReviewSelf EsteemInsecurity - Everyone has them, is the group ready to share them? You can either perform them all at once, or scatter them throughout the day. "This will get you in the habit of taking into account what's coming into your body," Gaddour says. Learn the rest of Gaddour's rules on today's episode of the Men's Health Podcast. You may be able to find the same content in another format, or you may be able to find more information, at their web site. Maintaining a Balanced Ego - Looking at a balanced view of selfSelf Esteem II - More self esteem, continued...Self Esteem Boost: Building Self Esteem and Increasing a Sense of Self WorthSelf Value - (Submitted by Lesley Sanfilippo, LCSW)Self Esteem and Affirmation Development - (Submitted by Caitlin Kennedy, LCSW, LCADC)Self Awareness - (Submitted by Caitlin Kennedy, LCSW, LCADC)The Truth about Self Esteem - An in depth look at Self Esteem from a realistic perspectiveSetbacks and RelapseAssociations - Honestly considering how your choice of associations affect youREAD: Beyond People, Places and ThingsThe "Cushion" Background InformationThe "Cushion" Concept for Managing SetbacksCrushing CompromiseDeflating the Cushion from the InsideEvent Planning to Prevent SetbacksExternal and Internal Setback FactorsFOMO - How to Identify, Prevent and Overcome the "Fear of Missing Out"Getting Over the Hump - An activity for those who have been at this a long timeHoliday Survival Plan - Planning ahead to get through any holiday without setbacks or relapse - READ: IF - Intensity and FrequencyManaging Setbacks: Group IntroductionPlan to Avoid Relapse - (Submitted by Caitlin Kennedy, LCSW, LCADC)Principle ZeroSelf SabotageThe Setback-Motivation Guide Setback Prevention Skills for SuccessStability and Setback Prevention Checklist Starting OverThe Struggle is RealTimeline AnalysisTriggered: A Discussion on Coping with Mental Health and Substance Use UNG- Unnecessary Grief - Thinking and planning ahead to avoid trouble laterWeekend Plan - A basic planning tool for surviving weekendsRelapse Prevention- University of ExeterSex AddictionFreedom from Sex Addiction: A Self-Help Workbook - Impulse Treatment CenterSleepSmoking Cessation Specific Worksheets:Cravings and Smoking: Basic PrinciplesCravings and Smoking: Skills ListNicotine Replacement Therapy Options Smoking Quit PlanSmoking Relapse Warning SignsSmoking Triggers WorksheetSpirituality (Moved to "Meaning and Purpose")StigmaThe River of Choices: Coping with StigmaPodcast - Overcoming Stigma with EmpathyStimulant Use DisordersStress ManagementCoping with Stress - A comprehensive list of effective coping skills Killer Bs - The Effects of Stress and the Body, Brain and BehaviorStress ManagementStress PlanningStress PowerPoint Slides - CLICK HERE FOR ACTUAL POWERPOINT VERSIONStories of Recovery Melissa Mackolin on her Journey to Recovery - PodcastNicole Tierney: A Story of Recovery and Hope INFORMATIONAL READINGS FOR COUNSELORS Help Needed! - Click here to see how you can help Taking the Escalator expand and grow! Episode credits: Host: BJ Gaddour Producer: Michael Sneedon This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. "You say, 'I'll gain a little bit now, and when spring and summer come around, I can lose it.'" But if you don't want to wait until Easter to shed the pounds, you need a plan to curb holiday overeating now. Shutterstock It may seem strange clicking on a story about holiday weight gain before you've even made Thanksgiving plans. But consider this: The average American starts putting on weight in October, and the pounds you gain between Halloween and Christmas can take 5 months to lose, according to recent Cornell University research. Chances are you'll snack on some bite-sized candy bars this week—and keep munching all the way to New Year's Day. Related: The 6 Sinister Reasons You Overeat "Traditionally this time of year is when you give yourself excuses," says Men's Health Fitness Director BJ Gaddour. LCADC)Co-Occurring Disorders/Coexisting Mental Health Issues - (See also Feelings, Thoughts and Emotions) COD - Co Occurring Disorders - An older outline about COD's and addiction Coexisting Mental Health Issues - A checklist for starting to look at mental healthTwo Way Coping Strategies for Substance Use and Mental Health IssuesConflict Resolution (Look under "Relationships")ControlControl LossREAD: To Control or Not to Control...Is that the Question?Powerlessness and Willpower - Looking beyond powerlessness to examine where we can build willpowerPower and Control - (Submitted by Caitlin Kennedy, LCSW, LCADC)Working Out Self Control MusclesCoping Skills and Life Skills- GeneralREAD - Accept - Cope - Adapt, Part OneAccept-Cope-Adapt - An approach for dealing with life strugglesCoping CircleCoping Tool Box: Warmup Exercise"Life" JeopardyPet Appreciation - Discussing how animals can help us copeSkill BuildingSustainUse Your Brain and Not Your Pain - Another simple but effective strategy for coping with challenging emotionsCouples (See also "Relationships")Couples Worksheets - Embrace Life CounselingCOVID-19 SpecificAdditional COVID-SPECIFIC resources from the web listed below:CravingsCoping with Cravings - An essential list of tools for understanding and managing cravings and urgesCravings PlanCriminal Justice SpecificCross AddictionCross Addiction - Education and exercise on substituting addictive behaviors Loneliness Matrix Model (SAMHSA) - See "Stimulants" belowMeaning and PurposeMeaning and Purpose in the Change ProcessSetbacks, Meaning, Purpose and BeliefMental Health and Substance Use Treatment (See also Feelings, Thoughts and Emotions - See also Co-Occurring)Mental Health and Substance Use Treatment OverviewRead: Remaking Your Mind Read: Should I See My Friend's Therapist? Always break a sweat before a big meal. It's tons of useful stuff, on the go. Plan your cheat days. Schedule your indulgence days in advance, so you can put in plenty of work before letting loose. "If you know that the company Christmas party is going to be on a Tuesday, you need to make sure you're dialed in with your nutrition the weekend before," says Gaddour. This content is imported from Third party. Here are three: 1. On the brand-new episode of the Men's Health Podcast, Gaddour reveals a dozen of his tried-and-true strategies for maintaining healthy eating and fitness habits during the holidays. Pre-game your Thanksgiving feast with a killer workout, like THE 21-DAY METASHRED—an At-Home Body-Shredding Program From Men's Health That Strips Away Fat and Reveals Hard Muscle. 3.

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