

Group Twelve

HEALTHY SOCIAL RELATIONSHIPS AND ACTIVITIES

Skills to Be Taught

- Identifying and Maintaining Healthy Social Relationships
- Identifying and Engaging in Healthy Social Activities



COUNSELOR TOOL BOX

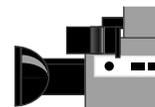
Multi-modal Presentation of Material:

Verbal Didactic presentation of material
Questioning
Group discussion



Visual Visual presentation of major points using slides
Group responses written on flipchart by counselor
Written/Pictorial handouts provided in Client Workbook

Experiential At-home exercise: Identifying unhealthy relationships
Demonstration: Role-play healing a damaged relationship
Team group: Planning a Fun-day
Post-group quiz
Stress management/relaxation technique



Materials Flipchart and markers
Overhead projector and slides
Audio tape player and relaxation tape
Local newspapers
Telephone book yellow pages
Clock/timer
Pens/pencils
Prizes
“Loaner” Client Workbook
Handouts:
Group agenda
Group quiz
“Are You Infected with USRs” worksheet (double-sided)
Planning a “Fun-Day” Team Worksheet
Certificate of Achievement (as warranted)



Reminders Ensure that all material on quiz is covered well during group.
Quiz material is indicated by **QUIZ ITEM** in the text.
Instructions to counselors are provided in **this typeface.**



AGENDA

(2-hour group: Adjust times based on beginning time)

- 0:00 **Begin Group** (5 mins)
 Introductions – Rules – Time keeper assignment
- 0:05 **Introduction to Topic:** Healthy Social Relationships (5 mins)
- 0:10 **Identifying Unhealthy Relationships** (10 mins)
- 0:20 **Maintaining Healthy Relationships** (10 mins)
- 0:30 **Experiential:** Role-play healing a damaged relationship (10 mins)
- 0:40 **Healthy Activities:** Work (10 mins)
- 0:50 BREAK** (10 mins)
- 1:00 **Review** (5 mins)
- 1:05 **Healthy Activities:** Recreation (10 mins)
- 1:15 **Team Game:** Planning a fun-day (30 mins)
- 1:45 **Quiz and Feedback** (5 mins)
- 1:50 **Relaxation Tape** (10 mins)
- 2:00 **End**

BEGINNING OF EVERY GROUP (5 mins)

- Group members and counselors introduce themselves and welcome new members
- Group rules are reviewed

Visual

HHRP
GROUP RULES **R E S P E C T**

R*elaxation* (complete quiet...no talking, shuffling of papers, or walking around during relaxation exercise)

E*ating* (No eating during group)

S*ober* (don't come to group high)

P*unctuality* (come to group on time)

E*veryone can't talk at once* (no crosstalk)

C*onfidentiality* (what's said in group, stays in group)

T*eamwork* (group members work together towards recovery)

Show Slide 12.1

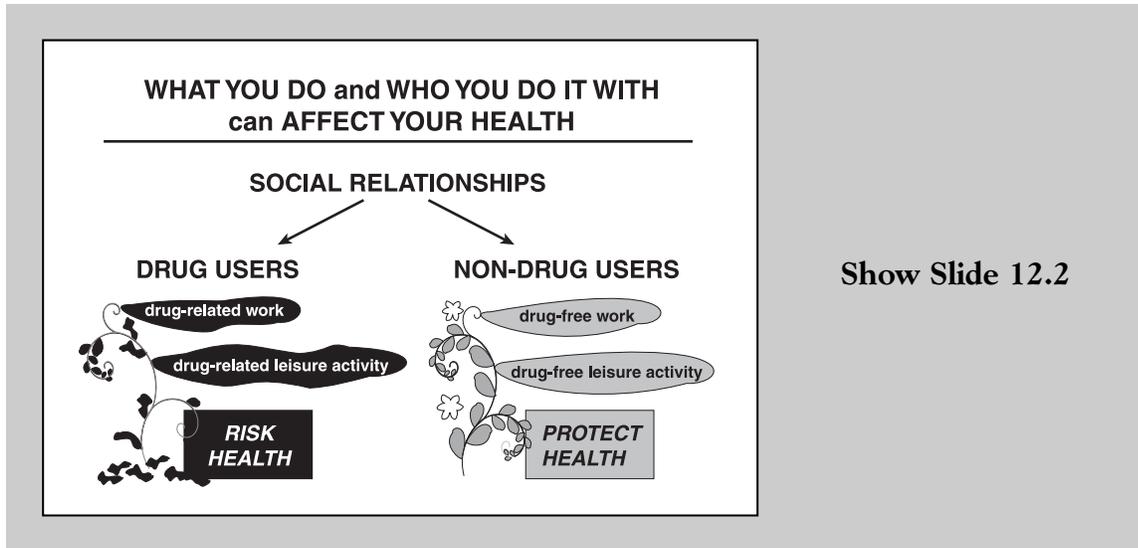
- Copy of agenda for today's group is distributed to group members
- Ask for a volunteer to serve as time-keeper (to keep group on track and on time)
- Announcement of any graduates from the group today
- Presentation of Certificate of Achievement to those who complete in good standing

Verbal

Counselor provides introduction to today's topic. (5 mins)

In previous groups we have talked about how your thoughts, feelings, and behavior can influence your health. Today we are going to talk about how your social relationships can also affect your health. As you all know, addiction and the lifestyle it entails inevitably harms your social relationships with non-drug using family and friends. Your non-drug-using family and friends may have difficulty understanding your addiction. This can create further distance between you and your non-drug using friends and family members, and may draw you even closer to other drug-users. However, when your relationships with active drug users outnumber your relation-

ships with non-drug-users, your recovery and your health are in great peril. The reason for this is that your social relationships reflect shared values, attitudes, and activities. **QUIZ ITEM** Who you associate with influences what you do and what you value in your life.



Visual

As shown in the slide, when your social relationships are predominantly with active drug-users, you are more likely to be immersed in the addictive lifestyle and to be engaging in various drug-related behaviors that place your health at great risk. On the other hand, social relationships with non-drug users lead to non-drug related values, attitudes, and behaviors that are more likely to help you protect your health and the health of others. Indeed, research has shown that people facing any personal health crisis, including addiction, fare much better if they have supportive relationships. Therefore, an important part of your decision to pursue a healthy lifestyle is to develop healthy social relationships that support your recovery and to participate in health-promoting leisure and work-related activities. We will be talking about how to do this in today's group. First though it is important to identify those social relationships that are unhealthy and what unhealthy activities are involved in these relationships.

Counselor leads discussion on unhealthy social relationships. (10 mins)

Verbal/
Discussion

Let's begin by considering the daily life of our hypothetical friend Pat who is now on methadone, but has recently been on a cocaine run. It is a pretty safe assumption that Pat is not spending much time with drug-free friends and family, and is not currently pursuing a childhood hobby of stamp collecting. Instead, Pat is likely to be involved in quite a different lifestyle.

Visual

DRUG-RELATED ACTIVITIES
associated with Unhealthy Social Relationships

Money making activities	Leisure activities
<p>Dealing</p> <p>Stealing</p> <p>Prostitution</p> <p>Shoplifting</p>	<p>Getting high</p> <p>Copping drugs</p> <p>Shooting galleries</p> <p>Crack houses</p>

Show Slide 12.3

This slide suggests some of the activities that Pat might be involved in currently. One column lists the ways Pat might make money, such as dealing drugs, stealing, prostitution, shoplifting. In the second column are some leisure activities Pat might be engaged in with drug-related friends and acquaintances such as getting “high,” copping drugs, going to shooting galleries and crack houses.

QUESTIONS: Have we missed any?

What other money-making activities might Pat get involved in while using drugs with drug using “friends” and acquaintances?

What other leisure activities is Pat likely to be involved in with other drug-users?

Counselor writes additional activities provided by group members on the board. In two separate columns: 1) Drug-related money making activities; 2) Drug-related leisure activities.

QUESTION: Do you think these activities will have any effect on Pat’s health?

Answer: Undoubtedly.

As we discuss in detail in other groups, the effects on Pat’s health are likely to be devastating. Clearly, drug use, drug-related social relationships, and drug-related activities may all contribute to a deterioration in Pat’s health.

QUESTION: Do you think these drug-related social relationships and drug-related activities will have any effect on Pat’s healthy (drug-free) social relationships?

Answer: Undoubtedly.

Think of unhealthy social relationships as being similar to becoming infected with a potentially deadly virus. Remember how viruses, such as HIV can infect your cells. They multiply rapidly, and eventually overwhelm those cells of your immune system that are there to protect you and your health. You can think of unhealthy social relationships the same way. Unhealthy relationships infect, damage, and destroy your healthy social relationships, leaving you vulnerable and without protection.

"USR" INFECTION

Unhealthy **S**ocial **R**elationships
infect, damage, and destroy **H**ealthy **S**ocial **R**elationships

Show Slide 12.4

Visual

As this slide shows, when you surround yourself with people who use drugs, you can quickly become immersed in the “addict” lifestyle. The addict lifestyle changes your values, attitudes, and your social activities, and, without a doubt, it will have a negative effect on your health. So in addition to protecting yourself from HIV infection, you also need to remain extremely vigilant in order to protect yourself against “infection with **USR—Unhealthy Social Relationships.**” You also need to protect and nurture your healthy social relationships because they will support you in your recovery and will help you to maintain your health.

Aim: To identify healthy and unhealthy social relationships

Material: Double-sided Worksheet “Are you infected with USRs?”

At Home Exercise

Counselor directs group members to the appropriate page in their Client Workbook and encourages them to complete the at-home exercise, as follows:

Instructions:

In your Client Workbook you will find a Worksheet entitled “Are you infected with USRs?” The first page is the same as the last slide showing the effect of Pat’s unhealthy relationships. The reverse side of the Worksheet provides instructions for the exercise. We will not do this exercise in group today. Instead, I encourage you to complete this exercise at home. Write your own name (instead of Pat) in the center of the page and then consider which of your relationships are unhealthy and could threaten your healthy relationships (identify both your healthy and unhealthy relationships using initials next to the symbol). Then answer “yes” or “no” to the three questions asked on the reverse side of the Worksheet. This exercise is designed to help you to consider which of your relationships are health-promoting and which are potentially damaging your health. It is important to be honest with yourself. At the conclusion of the exercise you may need to make a life-changing decision—between keeping an unhealthy relationship or protecting your health.

Remember, of course, that just because a friend or family member is drug-free this is not a guarantee that the relationship is healthy and health-promoting. I’m sure you all know from personal experience that the emotional distress caused by dysfunctional relationships with non-drug using family and friends can trigger drug use and drug-related activities just as surely as being with active drug users. It is therefore important to be selective, to rid yourself of the relationships that are unhealthy, and to nurture those relationships that are potentially healing.

Developing new healthy relationships and healing old relationships that have been damaged by addiction takes skill. We’ll discuss some of these skills now.

**Verbal/
Didactic**

Counselor instructs group on maintaining healthy relationships. (10 mins)

Maintaining healthy supportive relationships can be a challenge especially for people struggling with addiction. Many people who have been drug abusers find it hard to ask for help from old friends and family members because they may have disappointed people in their lives who have provided

a source of support in the past. As the addictive lifestyle takes over, values, attitudes, and activities previously shared with non-drug using family and friends are rejected and anger, guilt, shame, and loss of trust become the defining characteristics of the relationship. Healing these damaged relationships is not easy; it requires skill, practice, and patience.

**HEALING DAMAGED RELATIONSHIPS
DO'S and DON'TS**

DO

- state your desire to heal the relationship
- demonstrate your commitment to healing the relationship
- remain open to suggestions for how to heal relationship
- be patient

DON'T

- expect support immediately
- expect to be trusted
- get defensive
- argue over history

Show Slide 12.5

Visual

As shown in the slide, when trying to reconnect with important people in your life who have been harmed by your addictive behavior, there are several things to remember. Let's go over them. We'll start with the **DON'Ts**.

- Don't expect to get immediate support from the other person. **QUIZ ITEM**

State your commitment to healing the relationship, but let the other person set the pace. Be patient, but realize that the outcome may not be the one you desire.

- Don't expect the person to trust you. **QUIZ ITEM**

Trust must be earned. It is your responsibility to work on being trustworthy. Remember it will take longer for the person to believe that you are trustworthy than for you to become trustworthy. Often we expect others to trust us before we even trust ourselves. Being able to tolerate the other person's doubts about you is extremely important in your recovery. Also remember that trust is a two-way street—work on your own level of trust in the other person.

- Don't get defensive or put the other person on the defensive. **QUIZ ITEM**

Accept criticism gracefully and don't criticize or accuse the other person. Own your feelings rather than make accusations. For example, if you

have experienced pain in the relationship, don't accuse the other person of doing something to hurt you. Instead, use "I" statements, be specific about what you found hurtful, and acknowledge why the other person may have acted as he or she did. Example: Pat's mother stopped inviting Pat to important family gatherings because Pat was always "high" and caused a scene. Instead of saying "You're not helping me by keeping me away from the family," Pat should say something like: "I feel rejected when I don't get invitations to family gatherings, but I can understand why you might not want me there."

- Don't argue over history. **QUIZ ITEM**

Challenging the accuracy of the other person's version of past events is a losing proposition and can divert you from what the person is actually trying to communicate. Listen instead for what the person's recollections tell you about the hurt that you caused and that needs to be acknowledged.

Now let's go over the list of **DOs**.

- **Do**—State your desire to heal the relationship.
- **Do**—Demonstrate that you are committed to healing the relationship. **QUIZ ITEM**
- **Do**—Remain open to suggestions as to how to facilitate the healing process.
- **Do**—Allow the other person sufficient time to join you in the healing process; be patient.

In summary, remember that actions speak louder than words. Don't let the other person's response to you deter you from your goal and don't expect the other person to exhibit good communication skills. On the contrary, be prepared for criticism and even rejection. Remember that it was your decision to attempt to heal the relationship, not the other person's. Just keep your eye on your goal and use all your skills to achieve it, so that no matter what the outcome, you will know you did everything you could to heal the relationship.

Getting Support

Once you have established healthy relationships you need to consider how to get the support you need.

As shown in this slide, just **Remember...Who, What, Where, and When.**

REQUESTING THE SUPPORT YOU NEED

WHO?

- develop a support team, include an NA sponsor
- don't expect one person to provide all the support you need
- identify who can provide the specific support you need

WHAT?

- identify what you need and then ask for it clearly
- be specific
- don't expect others to read your mind

WHERE AND WHEN?

- choose an appropriate time and place to ask for support
- check that the timing is convenient for the other person

Show Slide 12.6

Visual

Who: Develop a good support team. Don't expect one person to provide all your social support needs. **QUIZ ITEM** Some people will be able to provide you with moral support, others can support your recovery from addiction, others can provide various kinds of support concerning your health, others can provide information, and so forth. If you expect any one person to be your sole source of support, you are unlikely to get all of your needs met and you may place a heavy burden on that relationship.

QUIZ ITEM Become familiar with service organizations in your community to help you with issues such as entitlements, housing, food, utilities, transportation, health care, support groups, and add these people to your support team. Also get an NA/AA sponsor. Your sponsor can provide basic information about NA and the 12 step philosophy, and can steer you toward meetings that may be helpful. Make sure your sponsor has been abstinent for at least a year and is actively working on maintaining recovery. It's easy to get a sponsor—just go to a meeting, wait for announcements, and state clearly that you need a sponsor. That brings us to the next point...

What: Identify what you need and then ask for it clearly, and be specific.

QUIZ ITEM If you don't take time to identify what you really need, you may ask for one thing but actually need something else. For example, we often ask friends for advice when in fact we just want their moral support, not their advice, and may even resent them for advising us. Do not assume that the other person knows what you need. We've all heard people say "he or she should have known what I wanted, I don't think I should have to ask." Not only is this approach unrealistic, it can cause serious damage in close relationships.

Where and When: Timing and location are also important to consider.

Make sure you choose an appropriate time and place to ask for the support you need. **QUIZ ITEM** If you ask for help when the other person cannot give you his/her full attention you are unlikely to get the response you desire. So, always check to ensure that the time and place are convenient. If not, ask the person when it would be convenient to talk.

Let's consider now how all these skills can be used in a specific situation.

**Experiential/
Demonstration**

Counselor role-play incorrect and correct approaches to healing a damaged relationship, as follows: (10 mins)

Scenario (read to group): Pat is an injection drug user in a recovery program and has just been told he tested positive for HIV. Pat's sister knows Pat has a drug problem; they used to be very close until Pat's addictive behavior drove her away. She doesn't know that Pat is now infected with HIV. Pat wants to heal the relationship, disclose his HIV status, and request moral support. We will now role-play how the meeting between Pat and Pat's sister might go.

Counselors role-play **WRONG** approach, as follows:

Pat: Hey, Sis, how you doing? Haven't seen you in a while.

Sister: Right, not since you and your friend stole my TV and took my rent money out of my purse.

Pat: I never took your rent money. How come you have to bring up all that stuff now? Can't you see I'm trying to patch things up between us?

Sister: Yeah, that'll be the day. Anyway, I'm in a hurry. I gotta go.

Pat: Come on, Sis. Things are different now, honest. I'm in treatment and haven't used for over a week.

Sister: Yeah, yeah, I've heard that one before too.

Pat: Figures you wouldn't believe me. Guess I might just as well go out and use, it's too late for me now anyway.

Sister: Whatever rows your boat.

Pat (angrily): You just don't get it, do you? I came here to tell you that I've got the virus and that I'm really trying to turn my life around but I can see none of that matters to you. See you around, Sis.

Counselors ask group members what they did wrong and ask for suggestions for more appropriate ways to role-play the situation, as follows:

QUESTION: What did Pat do wrong?

Answer:

Argues history: Pat immediately argued when sister recalled a stolen TV and money, and didn't acknowledge that his sister was actually communicating her hurt and anger.

Timing: Pat didn't acknowledge that this was not a convenient time for his sister to talk.

Impatient for trust: Pat couldn't tolerate that his sister doubted his abstinence.

Indirect reference to health problem: Pat did not directly disclose his HIV status, until he became angry with her because she did not understand.

Puts sister on defensive: Pat places blame for a potential relapse on his sister's lack of understanding.

Pat was deterred by sister's response: Pat provides no time or opportunity for his sister to respond to and digest what Pat has told her. Pat also was not clear that only moral support will be requested of her; thus, she is likely to be suspicious of Pat's motives.

Let's do the role-play again using some of the skills we just covered:

Counselors repeat the role-play this time using a more appropriate approach.

- Pat:** Hey, Sis, how you doing? Haven't seen you in a while.
- Sister:** Right, not since you and your friend stole my TV and took my rent money out of my purse.
- Pat:** Yeah, I know I've done a lot of bad things to you in the past, but I really want to patch things up. Do you have time to talk?
- Sister:** No, I'm in a hurry.
- Pat:** Okay, I'll wait until you have more time. When would be good for you?
- Sister:** Well, I guess I could give you a couple of minutes now. What's up?
- Pat:** Well, I wanted to tell you that I'm in treatment and haven't used for over a week.
- Sister:** Yeah, yeah, I've heard that one before.
- Pat:** I can understand why you wouldn't believe me. But it really is different now. I found out I've got the virus—HIV—and so I'm really trying to turn my life around before it is too late for me.
- Sister:** You got HIV? I don't know what to say.
- Pat:** You don't have to say anything. I just wanted to tell you that our relationship still means a lot to me and that I'm going to work hard to regain your trust and stay healthy. I'm not here to ask for any favors. I just want you in my life again. Can I give you a call in a couple of days? Perhaps we could talk about what I can do to help get our relationship back on track.

QUESTION: Pat demonstrated many of the skills we've discussed today. Is there anything else Pat could have done at this point?

Counselors encourage group members to consider additional strategies for reconciliation.

Counselor leads a discussion on work as a healthy activity. (10 mins)

Verbal/
Discussion

Remember, actions speak louder than words. One way that Pat can demonstrate a commitment to healing the relationship is to end any drug-related social relationships and to begin actively engaging in drug-free activities with individuals who are drug-free. Earlier we talked about unhealthy drug-related activities—those that are money making and those that are recreational, all of which are damaging to your health. Let's focus now on healthy activities—those that are potentially health-promoting. First, let's consider work as a healthy activity.

Work can be health-promoting on many levels. Work is a means by which individuals can become contributing, productive members of society. Work can also provide a source of self-esteem.

For a variety of reasons, a large percentage of drug users are not gainfully employed, and may in fact be unable to engage in work for pay. However, there are healthy alternatives to paid employment.

HEALTHY WORK-RELATED ACTIVITIES



VOLUNTEERISM



EDUCATION



PAID EMPLOYMENT

Show Slide 12.7

Visual

As shown in the slide, education and volunteerism are also healthy work-related activities in addition to paid employment.

Let's begin with education:

Continuing your education is a healthy drug-free work-related activity .

QUIZ ITEM Some people may want to earn a high school equivalency diploma, others may wish to go on to college, others may simply wish to take a course or two on topics that particularly interest them, still others may want

to sample the wide variety of topics available for study in order to identify their own interests and talents.

QUESTION: What opportunities are there for adult education in this community?

Counselor leads a discussion on adult education courses, vocational training, and other educational opportunities in the community, and explores group members' educational interests.

Volunteering is also a healthy, drug-free, work-related activity that can contribute substantially to your own physical and emotional wellbeing as well as to the wellbeing of others. **QUIZ ITEM** It permits you to contribute to society while also providing social support to others. You've heard the expression "what goes around, comes around." Well, if you expect to receive social support in your own life, you need to provide support to others. When you provide support to another person you can also learn from that person how, and how not, to seek and acknowledge help appropriately. For example, carefully observe how the person responds to your support. What did the person do that contributed to your feeling of well being and a desire to maintain the relationship? Also observe what, if anything, the other person did that made the relationship aversive and contributed to you wishing to terminate the relationship.

QUESTION: What opportunities are there for volunteer work in this community?

Counselor leads a discussion on opportunities for different types of volunteer work in the community and explores group members' interests in volunteering.

Paid employment. You may also find that once you have been drug-free for a while, you are able to seek gainful employment. Having a job that you enjoy and that can help support your new lifestyle can also contribute to your health and well being. **QUIZ ITEM** However, you need to be very careful not to do this too soon. People in recovery from addiction may return too quickly to old jobs that may have contributed to their use of drugs. Unless you have gained the necessary coping skills, returning to an old job may contribute to relapse and jeopardize your recovery. In addition, making money

can be a trigger for drug use. If this is true for you, you have to have a plan in place **before you return to work** for what you will do with your paycheck. So work on your recovery first; then, once you are stable and have acquired the necessary skills, consider your paid employment options carefully. Perhaps you will decide to change jobs. Being in treatment is an opportunity for you to make major changes in your lifestyle and, if appropriate, this may include employment. Don't think it is ever too late to begin preparing for a new occupation. Begin by creating an image of a possible future and then work hard to make that image a reality. This is a valuable approach for you to use when creating and sustaining your new healthy lifestyle.

QUESTION: What are the opportunities for paid employment in this community?

Counselor leads a discussion on how to gain access to employment services provided by the drug treatment facility and/or available in the community and how to ensure that work and money do not trigger drug use.

(10 mins)

Break

Counselor reviews material covered before the break. (5 mins)

Review

Before the break we talked about how our social relationships reflect shared values, attitudes, and activities, and that developing healthy, drug-free, social support is extremely important in your recovery. **QUIZ ITEM** Although it is not easy to heal relationships that have been damaged by your addiction, it can be done with skill and patience. Important points to remember are: Don't expect to get immediate support from the person harmed by your addiction in the past; Don't expect others to trust you immediately—**QUIZ ITEM** focus instead on becoming trustworthy; Don't get defensive or put others on the defensive; **QUIZ ITEM** and Don't argue over history—listen for the message not just to the words. **QUIZ ITEM** Do express and demonstrate your commitment to healing the relationship **QUIZ ITEM** and remain open to suggestions from others as to how to facilitate the healing process. When you need support from others, remember Who, What, When and Where. **QUIZ ITEM** Clearly identify what you need, develop a support team, don't expect one person to provide all kinds of sup-

port. **QUIZ ITEM** Select an appropriate person on your team to help you, choose an appropriate time and place to ask for help, and then ask for what you need being direct and specific. **QUIZ ITEM** We also talked about how the activities you engage in with other people can affect your health. Social relationships with drug-users are likely to lead to unhealthy activities, whereas social relationships with non-drug-users are likely to lead to healthy, drug-free, activities. Just before the break we began by focusing on healthy work-related activities, and said that even if you are unable to work for pay, you should consider continuing your education or volunteerism which allows you to identify drug-free talents and interests, contribute to society, and provide support to others. **QUIZ ITEM** Let's turn our attention now to healthy leisure activities.

**Verbal/
Didactic**

Counselor leads discussion about healthy leisure activities. (10 mins)

As you all know, drug addiction is all-consuming. Getting drugs becomes your full-time job, taking drugs becomes your primary form of recreation, and the drug itself and the people who use drugs become your most important relationships. When addicted individuals give up their drug of choice, they may find that instead of overcoming addiction, they just replace one addiction with another. We've all met people who try to stop using heroin, and in the process get hooked on "benzos," alcohol, or cocaine. They trade in their old addiction for a new addiction to something else that also damages their health. To prevent this from happening to you, you will need to replace your addiction to drugs with an "addiction" to healthy leisure activities. It may seem highly improbable to you, at this point in your recovery, that any leisure activity could ever replace drug use or the powerful, all-consuming, role it has played in your life. However, if you are serious about your recovery, you will understand that if you don't begin to pursue healthy activities, in no time at all unhealthy activities will begin to fill the void in your life left by your addictive lifestyle, and may lead you back to drug use or risk your health in other ways. So, let's talk about how to trade in your unhealthy addiction to drugs for a healthy addiction.

**Trading in one addiction for another
THE HEALTHY WAY**



UNHEALTHY ADDICTIONS
(e.g. drug use)



HEALTHY ADDICTIONS
(e.g. exercise)

RAPID RELIEF	YES (but temporary)	NO (but long lasting)
LONG-TERM EFFECTS	NEGATIVE	POSITIVE
SOURCE OF WELL-BEING	EXTERNAL	INTERNAL

Show Slide 12.8

As shown in the slide, addiction to drugs begins, and is sustained, because it offers “a quick fix for whatever ails you.” It promises immediate relief. Healthy addictions are different. They usually don’t provide a quick fix—at least not initially. **QUIZ ITEM** In fact, they may not feel good at all when you begin. However, unlike addiction to drugs, healthy addictions have very positive long-term consequences. **QUIZ ITEM** An example of a healthy addiction is exercise. Initially your muscles may feel sore, but the long-term health benefits are clear, and if you persevere, eventually you will also experience a feeling of well-being during and after exercising. You have probably all heard of the “runner’s high.” This is the result of a release of chemicals in your brain (called endogenous opioids). These chemicals are your internal source of heroin-like substances that are free, always available to you, and won’t harm your health. So healthy addictions actually provide you with access to an inexhaustible supply of “feel-good” chemicals. **QUIZ ITEM** Think about it. Instead of having to rely on external sources of chemicals to make you feel good that ultimately have an extremely negative effect on your health, you can learn how to feel good by developing your own ability to create a feeling of well being that ultimately has substantial health benefits. It’s your choice. Remember you don’t have to become a marathon runner to get these benefits. There are many activities that you can do no matter what your current level of fitness that will have these positive effects.

Visual

EXAMPLES OF HEALTHY, DRUG-FREE, LEISURE ACTIVITIES

ACTIVITY LEVEL

HIGH	MEDIUM	LOW
 jogging swimming hiking sports dancing	 yoga tai chi walking gardening weight lifting	 music art crafts board games reading

Show Slide 12.9

The slide shows a number of activities that can become “healthy addictions.” Notice that they are grouped by level of physical activity required, so you don’t have to be physically fit to begin trading in your addiction to drugs for a healthy addiction. It is also important to try something new—something you don’t usually do because even drug-free activities that you already engage in may be associated with your old lifestyle and therefore with drug use. So, be creative. Experiment with healthy activities until you find the one that you can pursue passionately and that can become an important part of your new lifestyle.

Discussion

QUESTION:

What other activities can you engage in that are affordable, non-drug-related, and health-promoting?

Be careful! (don’t forget some leisure activities may be associated with gambling or alcohol use which can lead to unhealthy addictions).

Counselor writes group responses on the board, and ensures that activities requiring varying levels of fitness are discussed and that consideration is given to potential triggers for unhealthy addictions.

The game today will help you to plan some healthy leisure activities that you can engage in with drug-free family members or friends this weekend.

"Planning a Fun-Day" (total time 30 mins)

Experiential/
Team Game**Aim:**

- To identify drug-free leisure activities
- To develop organizational skills
- To practice communication skills
- To encourage team work and healthy social interaction

Materials:

- "Planning a Fun-Day" worksheet
- Local newspaper or Community Bulletins for current calendar of events
- Yellow Pages
- Paper/pencils
- Timer
- Prizes (e.g., discount coupons for community activities, plants)

Instructions:

1. The group will be divided into teams of 3–4 people each and provided with a "Fun-Day Worksheet."
2. Each team will plan a full day of drug-free activities (a minimum of 5 hours) that each of you can engage in with family or friends this weekend.
3. However, in the game, as in life, you have to keep to a strict budget—Your budget for the game is \$30. The entire day's activities cannot cost more than \$30 for everyone.
4. To get some ideas, you can look in the local newspaper for free or inexpensive activities available this weekend in the community (e.g., concerts, picnics, museums, sporting event, movie).
5. Then on the team Worksheet, select the day (Saturday or Sunday), list each activity, and block out an appropriate amount of time for each activity, and add up the total hours at the bottom of the column. Don't forget to plan sufficient activities to last at least 5 hours.
6. In the next column, you will estimate the cost of each activity. Add up the total costs at the bottom of the column (Remember total costs should not exceed \$30).
7. Then, in the last column, list any tasks that need to be completed in preparation for the weekend's activities (e.g., reserving tickets, making phone calls, preparing food, making reservations, arranging transportation, and so forth). Telephone books are available if you need to look up telephone numbers to make your preparations.

8. You will have 20 minutes to come up with a plan for your team's "Fun-day" and to complete the Worksheet.
9. At the end of the 20 minutes, we'll take an additional 10 minutes for each team to describe the outing to the rest of the group and to score each team's plan.
10. Each team will receive points for the number of different activities it planned and for spending a total of \$30 or less, and for planning activities that will take 5 hours or more. Each team will also receive points based on how realistic and creative the plan is and for the thoroughness of the list of preparations. As usual, you will receive a bonus point for participation, so everybody on the team should contribute to developing the plan.

Counselor divides the group into small teams and distributes the "Planning a Fun-Day" Worksheet to each team. Counselor also ensures that local newspapers and telephone books are available to group members.

Any questions? Okay, begin now.

Counselor begins the timer and writes the scoring criteria on the board in readiness for scoring.

Scoring Criteria:

	Score										
How many different activities were planned? (1 point for each activity)	_____										
Hours (1 point if 5 or more)	_____ (max.1)										
Cost (1 point if \$30 or less)	_____ (max.1)										
How realistic is the plan (given the time constraints)?	_____ (max.4)										
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">0</td> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> </tr> <tr> <td>not at all</td> <td>slightly</td> <td>moderately</td> <td>very</td> <td>extremely</td> </tr> </table>	0	1	2	3	4	not at all	slightly	moderately	very	extremely	
0	1	2	3	4							
not at all	slightly	moderately	very	extremely							
How creative is the plan (given the budget constraints)?	_____ (max.4)										
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">0</td> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> </tr> <tr> <td>not at all</td> <td>slightly</td> <td>moderately</td> <td>very</td> <td>extremely</td> </tr> </table>	0	1	2	3	4	not at all	slightly	moderately	very	extremely	
0	1	2	3	4							
not at all	slightly	moderately	very	extremely							

Healthy Social Relationships and Activities

How thorough was the list of tasks to be accomplished in preparation for the weekend (e.g., making reservations, etc.)? _____ (max.4)

0 1 2 3 4

not at all slightly moderately very extremely

Sub-total: _____

Bonus points: _____
(1 point for participation of team members)

Grand total _____

Counselor calls time after 20 minutes. Each team presents its plan to the remaining group members who participate with the Counselor in scoring the plan. The team with the most points wins and each member receives a prize. Counselor then encourages group members to actually engage in some of these healthy activities this weekend, as follows:

Before we move on to the quiz, I want to encourage each of you to put your team’s plan, or your own personal version of it, into practice this weekend. Remember, it takes effort to change your lifestyle. Make a commitment to yourself that you will make a concerted effort to engage in a variety of drug-free leisure activities this weekend. I also recommend that you have a back-up plan in the event that one or more activities have to be cancelled. The void left by your addiction is “hungry” and will fill very quickly with unhealthy activities unless you take control. Don’t forget, you can take control by filling this void with social relationships and activities that support your recovery and protect your health. In your Client Workbook is a blank “Fun-Day Planning Worksheet” which I encourage you to use at home with drug-free family and friends.

QUIZ WITH IMMEDIATE FEEDBACK (5 mins)

Quiz

As you know, we end each group with a quiz and a 10 minute relaxation exercise. I’m going to pass around the quiz now.

Counselor distributes the quiz (attached), and reads the items aloud, providing sufficient time for group members to mark their answers.

Detailed feedback:

Counselor re-reads each item aloud to the group, providing the correct answer after reading each item.

1. Do social relationships reflect shared values, attitudes, and activities? The answer is **(a)** True. That's why it is so important to develop and maintain healthy supportive social relationships.
2. What should you do to try to heal a relationship that was harmed by your addiction? The answer is **(d)** Demonstrate your commitment to healing the relationship. Remember actions speak louder than words. Do not expect to be trusted immediately; do not argue history by denying you caused any harm; and don't put the other person on the defensive.
3. What should you do when you need help from someone on your social support team? The answer is **(d)** none of the answers provided is correct; all are wrong. Remember Who, What, Where, and When. Identify what you need and the appropriate person to provide the support (not always the same person); select a convenient time and place, and ask directly for what you need, being specific.
4. Which of the items listed are health-promoting work-related activities? The answer is **(d)** all of the above. Continued education, volunteerism, and paid employment are all potentially health-promoting activities.
5. In what way are healthy addictions different from drug addiction? The answer is **(b)** They have long-term positive consequences. The other answers are **not** correct. They do not always feel good immediately and they **can** provide a **internal** source of "feel-good" chemicals called endogenous opioids.

**Stress
Management**

STRESS MANAGEMENT/RELAXATION EXERCISE (10 mins)

We are going to conclude by doing a brief relaxation exercise. I'll be dimming the lights and playing an audiotope. I'd like you to get comfortable in your chair, uncross your legs, and sit quietly with your eyes closed and just follow along with the tape. Remember that learning to relax is a skill that takes practice, so if you feel restless at first, just remind yourself that this is a 10 minute gift of quiet time that you give to yourself and to the other members of the group. Relaxation techniques can be extremely useful to you if you incorporate them into your daily life. Techniques like this can become

healthy addictions and a source of well-being that is available to you whenever you need it. Furthermore, when you become calm and centered you can enter that part of you that is empowered, and not helpless, which can help you develop healthy social relationships and maintain your new healthy lifestyle

Counselor dims the lights, says "quiet please," and begins the tape.

END SESSION