Living Clean & Sober

Participant’s manual

Ottawa Drug Treatment Court Program
Rideauwood Addiction and Family Services
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# Table of Contents

**Introduction** 2

**High Risk Situations** 4

- People, Places & Things 5
- Zero Ø Access 6
- Homework 6
- Big Lies 7
- Tapes & Counters 8

**Relapse Traps** 10

- Relapse Traps 11
- Tapes & Counters 12

**Refusal Skills** 14

- Refusal Skills 15-17
- Response Styles 18-19
- Peer Refusal Skill Checklist 20

**Support System** 22

- Support System 23
- Homework 24

**Family Relationships** 26

- Family Relationships 27-28

**Pro-Social Activities** 30

- Pro-Social Activities 31
- Excuses 32
- Tapes & Counters 32
Introduction

SEEMINGLY IRRELEVANT DECISIONS

The chain of decisions that leads to drug use is easiest to stop at the beginning of the chain. Being farther away from drugs, it’s easier to stop the decision making process than when you’re closer to drug use and craving kicks in.

Bob had been abstinent for several months, but he’d been struggling lately and decided to go for a walk one night to “clear his head”. On his way home, he decided to take a shortcut through his Red Zone. He didn’t think this was a problem — he’d already done it a few times before. On the way, he “bumped into” an old using buddy and stopped to talk to him to catch up on what was happening on the street. After a few minutes he was offered crack and a relapse ensued.

You can catch yourself making Seemingly Irrelevant Decisions by the way you think- thoughts like 'I have to do this' or 'I really should go home this way' or 'I need to see so-and-so'. These often end up being rationalizations, or clever ways of talking oneself into drug use without seeming to do so.
HIGH RISK SITUATIONS
PEOPLE, PLACES & THINGS

People, Places & Things are **Outside Cues**.

Remember what you learned about **Outside Cues**.

- I don’t control them.
- They don’t control me.
- They will always be there.
- I can learn to deal with them differently, but I can’t change them.
- I am not responsible for them.

**People**

**Places**

**Things**
ZERO Ø ACCESS

Ø Access is about doing everything you can to avoid situations where you have access to drugs or alcohol or committing crime. Ø Access is the opposite of High Risk Situations. If you practice Ø Access you significantly reduce your risk of relapse. Ø Access is not only a practical tool, it is a constant reminder to yourself of your commitment to recovery.

Ø Access includes:

Ø People who are high or supplying drugs or alcohol
Ø People who use drugs/alcohol or commit crime
Ø Places where people sell or use drugs — including alcohol
Ø Places you have committed crimes
Ø Extra $$$

Homework for Ø Access

Attempt 100% Ø Access for the next 7 days.
BIG LIES

Put a check beside the Big Lies that apply to you.

☐ I haven’t seen my buddies in a long time, maybe I’ll just stop in to say hello.
☐ It wont hurt to go for a few minutes.
☐ I’ll just go in for a coffee/for a game of pool/something to eat.
☐ It’s shorter to cut through the market.
☐ I’ll just stop in to see my old counsellor at the Salvation Army.
☐ My buddies accept me for who I am.
☐ I miss them.
☐ He/she really needs my help. I’m strong enough now.
☐ He/she needs me more than I need a meeting.
☐ They’re more real than this recovery bullshit.
☐ Red zones are bullshit. I can use anywhere. What’s the big deal about Vanier.
☐ I’ve gone there before and not used.
☐ I’ve been clean for 3 months now. I’m strong. I can do what I want.
☐ I don’t need anyone to hold my money.
☐ I want to have some cash in my pocket.
☐ I can just deal a little for some quick cash. I won’t use any.
☐ It doesn’t bother me to see people using. If I want to use, I’ll use anyway.
☐ The whole city’s one big red zone for me, what’s the point of staying out of one area.
☐ They’ll think I’m an asshole if I don’t stop and say hello.
☐ I never had a problem with alcohol. I just want to have something to eat.
☐ I was never into the bar scene anyway.
☐ I’ll just go over to watch the game.
☐
☐
**INSTRUCTIONS:**
Write 3 Big Lies that apply to you and then write a Counter for each. You can make up your own Tapes that are slightly different than the ones listed if they fit you better.

Remember a Counter has 2 parts:
- a) a change of attitude that is positive and you can believe
- b) phrased as a “to do” behaviour

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RELAPSE TRAPS
RELAPSE TRAPS

Put a check beside the Relapse Traps that apply to you.

Reward
- I’ve been clean for weeks now. I deserve a treat.
- I worked hard today. I deserve a reward.
- I had a shitty day. I deserve a reward.
- I’m doing really well, one _____ won’t hurt me.

Romancing
- I had fun when I was high.
- “Man, remember the time . . .”
- I could use more than anyone.
- I loved using.
- I really miss using. The high/excitement/friends/camaraderie.

Minimizing
- Pot isn’t a big deal. It’s Practically legal.
- I just need a joint to take the edge off. At least I’m not smoking crack.
- I don’t really have a problem with alcohol.
- It wasn’t that bad.

Deal Making
- I don’t really have to quit — just control it better.
- I’ll only use a little. I can stop.
- I’ll only smoke pot from now on.
- I’ll only use for the weekend.
- I’ll use one more time, then I’ll really try.

Defiance
- Nobody will know if I use.
- Who is he/she to tell me I can’t use.
- He/she really pissed me off. I’ll show him/her.
- They think I’m going to relapse. I might as well.
- I’ll use just to piss them off.
- I’ll go to meetings, but I don’t have to listen to all that crap.
- Fuck them! I’ll do it my way.

Rationalizing
- I need to stop the pain.
- I need it to sleep.
- It’s too hard to stay clean all the time.
- I had more energy when I was high.
- I was calmer when I was using.
- I’m a chronic relapser.

Self-pity
- I’m so fucked-up.
- Anybody who had my life would use.
- Recovery’s not making my life better. If anything, it’s worse.
- Nothing’s going my way.
- I didn’t know I’d have to go to meetings.
- No one understands.

Giving up
- Fuck it!
Write 5 Traps common to you and then write a Counter for each. You can make up your own that are slightly different than the ones listed if they fit better.

Remember a Counter has 2 parts:
   a) a change of attitude that is positive and you can believe
   b) phrased as a “to do” behaviour

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REFUSAL SKILLS
REFUSAL SKILLS

Assessing Availability
If you wanted to use, how long would it take you to get it? Is there any in your house? Do you still have phone numbers? Do you still have paraphernalia? How many doors have you left open?

Who are you currently involved with that uses drugs or alcohol or commits crimes? These people are potential Suppliers. List them by first name.

- Family members & relatives
- Your partner
- Friends
- People you live with
- Co-workers
- People from the street
- Dealers
- AA/NA members or other people you are in treatment with who do not demonstrate a commitment to recovery (you can use a pseudonym)
Suppliers
Consider the possible motivation of People for offering you drugs or alcohol or incite you to commit crime.

- Greed - they benefit $$ from your use
- Fear - that you will leave the relationship
- Selfishness - that you are no longer a Supplier for them
- Anger - that you don’t call or help them anymore
- Lateral violence - they don’t want you doing better than they are
- Challenge - they want to test you
- Camaraderie - they want somebody to use with
- Intoxication - they’re high or drunk and think it would be funny to see you use
- Ignorance - they don’t know that you stopped, because you haven’t been clear
- Misinformed - they don’t understand recovery

Bob got together with his family for Christmas. Bob’s family members are social drinkers and he knew some would have a glass or two of wine or a few beers, and some might not drink at all. Although he knew alcohol would be available, Bob considered it safe to attend since everyone knew he was in recovery and were proud of him. During dinner, Bob’s brother offered him a glass of wine — saying, “you must be okay now, you can have a drink can’t you?” Bob felt very uncomfortable, but managed to say “No, I can’t.” Bob’s brother asked “Why?” and Bob felt everyone looking at him.

Stan visits his cousin Bill regularly. Bill is a heavy user, but he supports and encourages Stan for being clean. Bill sometimes says he wishes he could get clean too and has even expressed interest in going to meetings with Stan, but never followed through. During one visit Stan was really pissed off with a problem he was having with his wife. He was angry and venting. Bill asked him if he wanted to smoke a joint.
Refusal Skills

Many people feel uncomfortable or guilty about saying no and think they need to make excuses for not using. This allows for the possibility of future offers. You don’t have to apologize, rationalize, or make excuses. “No” can be followed by, “I don’t use anymore and I don’t want you to ask me again.”

1. **Respond rapidly** — no hemming and hawing.

2. **Respond with a clear and firm “no”** that does not leave the door open for future offers. Avoid saying things like “not today,” or “I’m not using right now”.

3. **Make sure your body language communicates the same message.** Stand/sit up straight, make eye contact, don’t smile apologetically, keep your voice level and serious — say it like you mean it.

4. **Walk away.** It may be tempting to stay and explain that you are in treatment. They may congratulate you and start saying they want to get clean too. Leave anyway. You are in a High Risk Situation — you are not in Ø Access.

### Instead of saying . . .

**Hey Bob, want to do a rock?**

Hey Bob, want to do a rock?  

**Mmm . . . I don’t think so . . . I’m trying to quit.**

### Say . . .

**Hey Bob, want to do a rock?**

Hey Bob, want to do a rock?  

**NO. I don’t use anymore. Please don’t ask again. I have to go now.**
Response styles

Remember the rules for Giving Feedback

1. Use “I” — take responsibility for what you have to say.
2. Pick a specific behaviour.
3. Don’t order, don’t judge.
4. Be direct — tell the person the information and don’t beat around the bush.

Passive

Some words used to describe this type of communicator are: pushover, spineless, shy, timid, passive, afraid, apologetic, BLUE.

- Voice is uncertain, tone lacks confidence
- Words are hesitant, mumbled, message is not clear or contradictory
- Body posture is slouching, no eye contact, fidgety

Aggressive

Some words used to describe this type of communicator are: bully, pushy, thoughtless, mean, aggressive, rude, RED or PURPLE.

- Voice is loud, tone is aggressive or sarcastic
- Words are rude, inconsiderate
- Body posture is ‘towering,’ they don’t look you in the eye — they glare
**Assertive**

Some words used to describe this type of communicator are: confident, honest, firm, respectful, fair, GREEN.

- Voice is clear, tone is level and confident
- Words are clear, concise and respectful
- Body posture is straight, balanced, confident

Remember, *how* you say something is as important as *what* you say. People will take you more seriously if you sound sure of yourself and what you want.
## Peer Refusal Skill Checklist

<table>
<thead>
<tr>
<th>Role play 1</th>
<th>Role play 2</th>
<th>Role play 3</th>
<th>Role play 4</th>
<th>Role play 5</th>
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<tbody>
<tr>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
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<tr>
<td>Made eye contact</td>
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<tr>
<td>Body language matched message</td>
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<tr>
<td>Refusal was clear and did not leave the door open</td>
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<tr>
<td>Left as soon as possible</td>
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<tr>
<td>Attitude was Green</td>
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<th>Role play 6</th>
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<th>Role play 8</th>
<th>Role play 9</th>
<th>Role play 10</th>
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<tr>
<td>Yes</td>
<td>No</td>
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SUPPORT SYSTEMS
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Nothing is more important to your recovery than having a positive support system — people who can encourage you during the tough times.

Identify your Support System. List people who are not active drug users or alcohol abusers or involved in criminal activity. They are supportive of you, and are involved in positive things.

<table>
<thead>
<tr>
<th>People in recovery</th>
<th>Phone numbers</th>
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<tr>
<th>Counsellors</th>
<th>Phone numbers</th>
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<tr>
<th>Sponsor</th>
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<th>Family members</th>
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<th>Positive friends</th>
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<th>People of Faith</th>
<th>Phone numbers</th>
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<th>Other</th>
<th>Phone numbers</th>
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HOMEWORK FOR SUPPORT SYSTEM

1. Call or visit every person or as many people as possible from your list.
2. Fill in any missing phone numbers.
3. Try to add at least one new name and number.
4. List your support system name & numbers in a little black book or on a wallet sized card.
FAMILY RELATIONSHIPS
STRESSFULL SITUATIONS
In the Beat the Street video, you saw 4 different stressful SITUATIONS:

1. Unsupportive family members who criticize your recovery
2. Family members who use drugs or alcohol around you
3. Being expected to save/fix others’ problems
4. Family doesn’t trust you

STRATEGIES
You also saw a number of STRATEGIES employed to address these situations:

- Detach with love
- Limit time spent with them
- Don’t expect them to change
- When uncomfortable leave
- Adopt other, supportive people in your life
- Stick with recovering people
- Give the situation time
- Focus on your own recovery
- Be consistent
- Don’t think you can save everyone
List family members and stressful situations and the strategies you could use

<table>
<thead>
<tr>
<th>Family member &amp; situation</th>
<th>Strategy</th>
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<tr>
<td><strong>Example:</strong></td>
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<td><em>Mom drinks</em></td>
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<td></td>
<td>Detach with love</td>
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<td></td>
<td>Don’t go over after lunch</td>
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<td>Leave when she starts drinking</td>
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PRO-SOCIAL ACTIVITIES
PRO-SOCIAL ACTIVITIES

Most addicts have lived an unhealthy lifestyle for many years and most of their friends are pro-criminal substance users. It will take some effort to change that. We’ve already covered how to stay away from the old crowd, now its time to figure out what to do with your leisure time so you don’t fall into the old traps.

Put a check beside any activity you might be interested in.

☐ Go to a meeting.
☐ Call your sponsor.
☐ Go to the gym.
☐ Do a puzzle.
☐ Cook.
☐ Go the library or visit a museum.
☐ Go for a walk or a bike ride.
☐ Enjoy a hobby you used to do before drugs took over your life.
☐ Find a new hobby.
☐ Go swimming.
☐ Volunteer (CSOs don’t have to be just for sanctions).
☐ Clean. Organize.
☐ Visit someone who doesn’t use.
☐ Call a non-using friend.
☐ Read.
☐ Have a nap.
☐ Watch TV.
☐ Rent a movie (no movies that glorify drugs or alcohol).
☐ Go to church.
☐ Have someone over for dinner
☐ Meditate.
☐ Exercise.
☐ Find a friend(s) and go bowling, play tennis/badminton/croquet/baseball/hockey/darts/monopoly/risk/crib/euchre/trivial pursuit/etc, etc, etc.
☐ Do a crossword.
☐ Rake a lawn. Shovel a driveway.
☐ Help a non-using friend fix their car, paint their apartment, move, garden, etc, etc.
☐ Rearrange your furniture.
☐ Do laundry.
☐ Journal.
☐ Do your homework.
☐ Have a bath.
☐ Listen to music.
☐ Practice a musical instrument.
☐ Get a haircut.
EXCUSES

Like anything else new, you’re bound to make excuses not to do it. Consider the following and then do the Tapes and Counters for any that apply to you.

Put a check beside the Excuses that you are likely to use.

- I don’t have any money to do anything.
- I don’t have a library card.
- I don’t like doing stuff.
- It’s too far.
- It’s too early.
- It’s too late.
- I don’t feel like doing anything.
- I’d rather use.
- It’s raining.
- It’s too hot.
- It’s too cold.
- I’ll start tomorrow.
- I’m too depressed to do anything.
- I’d rather be where the real action is.
- I don’t want to talk to anyone.
- Meetings are boring.
- I’m lazy.
- Pro-social activities are stupid/boring.

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