

CLEAR Workbook
Individual Sessions



OUTLINE OF CLEAR SESSIONS

Workshop 1

- | | |
|-----------|--|
| Session 1 | Identifying My Strengths: Creating A Vision for the Future |
| Session 2 | I'm HIV-Positive: Attitudes as Barriers to Future Goals |
| Session 3 | Making Commitments: Evaluating and Changing Substance Use |
| Session 4 | Seeing the Patterns: Why Do I Use Drugs and Alcohol? |
| Session 5 | Beliefs: Thoughts That Influence My Substance Use Patterns |
| Session 6 | Future Goals: The Impact of Using Drugs and Alcohol |

GROUND RULES

1.

2.

3.

4.

5.

6.

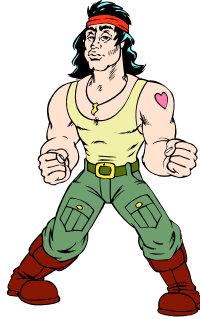
7.

8.

9.

10.

DESCRIPTIVE WORDS



STRONG

CARING

WISE

COURAGEOUS

RESPONSIBLE

PHYSICALLY FIT

FORGIVING

SELF-LOVING



HONEST

CALM

ATTRACTIVE



S.M.A.R.T GOAL SETTING CHART

Specific – tells exactly what you will do.

Measurable – can tell if it is done.

Appropriate – fits the situation or topic well.

Realistic – not too hard or too easy to do.

Time – tells when goal will be completed.

GOAL LOG

		Done?
Session 1:	1. _____	ρ
	2. Three self-strengths or aspects of high self	
	(1) _____	ρ
	(2) _____	ρ
	(3) _____	ρ
Session 2:	1. My self rewards: _____	ρ
	_____	ρ
	2. Think of two ways using drugs and alcohol can hold me back from achieving my future goals.	
	(1) _____	ρ
	(2) _____	ρ
Session 3:	1. (From Substance Use Goal Worksheet) _____	ρ
	2. Fill in Calendar _____	ρ

Things I Must Do

Done?

- Session 4:**
- 1. Fill in my blueprint. ρ
 - 2. Fill out Calendar and Drug & Alcohol Report. ρ

- Session 5:**
- 1. Fill out chart on Beliefs for Using Drugs and/or Alcohol ρ
 - 2. Practice relaxing once a day. ρ
 - 3. Fill out Calendar and Drug & Alcohol Report. ρ
 - 4. Do weekly schedule. ρ

- Session 6:**
- 1. Goal for trigger: _____ ρ
 - 2. Goal for problem: _____ ρ
 - 3. _____ ρ
 - 4. Fill out Calendar & Drug & Alcohol Report _____ ρ

BIG GOAL: _____



NO NEED TO WORRY

- RICHARD: I heard the bad news. I'm really sorry.
- CHARLES: Is it? What bad news?
- R: That you have HIV.
- C: Yes, that is what they say.
- R: Well, are you suffering from slim or aren't you?
- C: I took the test and it says yes, that I am positive. So, I guess I am.
- R: What will you do?
- C: I am not feeling badly, so there is nothing to do.
- R: Yes. I hear most people do not feel too badly at the beginning.
- C: I feel fine, so there's nothing to worry about.
- R: Yes, but look, Charles, you might start feeling badly soon if you do not care for your health.
- C: I told you I feel fine and that is it.
- R: Don't get mad about it. I'm HIV-positive too. I see a nurse at the drop-in centre. She talks to me about the foods I eat. She says nutritious foods can make a difference in how I feel.
- C: Quit talking nonsense!
- R: What about medicines? You know they have medicines for opportunistic infections and STDs . The medicines help fight the infections and keep your body strong to fight the HIV.
- C: Get off my back. There's nothing wrong with me.

R: I'm just trying to help.

C: I don't need any help.

R: If there's something you can do to make things better, why not do it?

C: I don't know if I really have anything. The test says I have HIV, but nobody can really tell, right? You can't see anything wrong with me. Why should I worry?

R: Well, it's your life.

C: Yes. It is true – it is my life and I am not worried. Let's go to a video hall and find some chics to play sex with.

THE END

NO NEED TO WORRY

CATHERINE: What's happening?

ROSE: I look good, don't I?

C: Yes, you look good.

R: OK. Then you won't tell anybody?

C: Tell them what?

R: Catherine, Rose carrying akawuka.

C: [Very upset] Oh, no! It isn't so!

R: Don't cry, Catherine. I am not crying. I feel fine.

C: So, what will you do?

R: What do you mean, "What will I do?" Catherine, I feel fine. There is nothing to do.

C: Sure, you feel fine now. But, you better start taking care of yourself.

R: I feel fine. There's nothing to worry about.

C: You know, I hear there are medicines for opportunistic infections that people with HIV sometimes get. The medicines help the infections go away so you can stay strong.

R: Yes, they have those medicines for sick people. I'm not sick.

C: The health workers at the drop-in centres also say that eating nutritious foods can help keep you healthy.

R: Really, Catherine. Stop talking nonsense. I told you I am not going to do anything. Why would I, when I am feeling fine?

C: I don't want to see you get weaker.

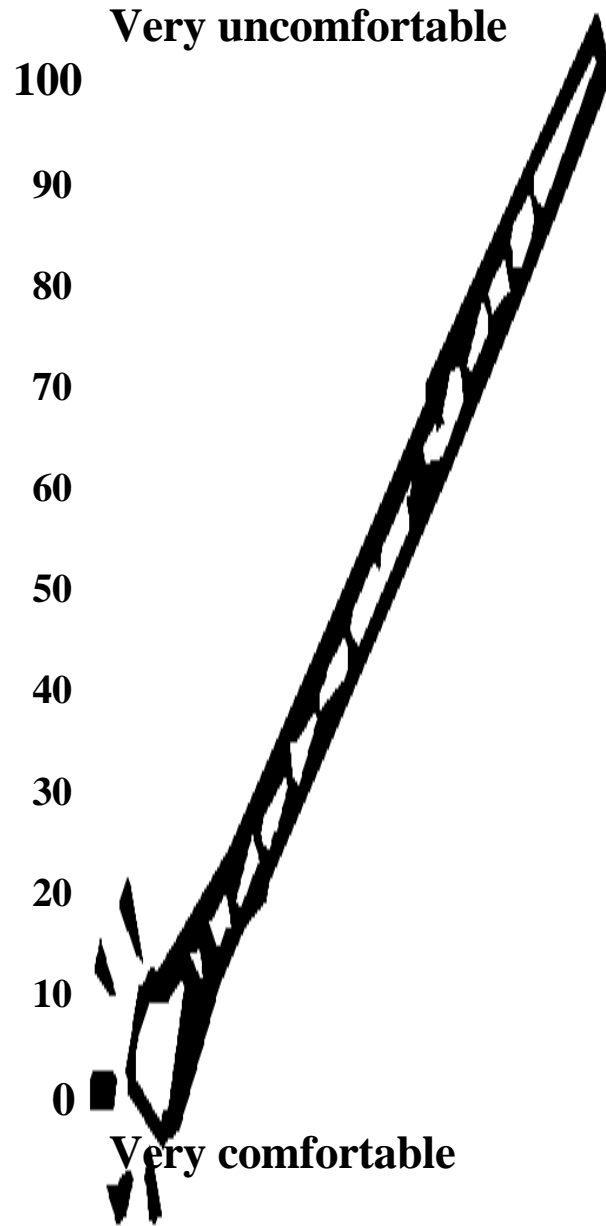
R: Sometimes you act really stupidly. Catherine, my friend, how many times do I have to tell you that I do not feel sick or weak?

C: Please. For my sake, let's go find out how you can take good care of yourself.

R: You are starting to bother me, Catherine. I don't want to talk any more about it. Let's just go have fun.

THE END

FEELING THERMOMETER



REASONS WHY BEING HIV-POSITIVE IS IMPORTANT

MALE PARTICIPANT

Being HIV-positive is a big deal in my life because if I tell anyone, they won't want to be around me.

It's important because now I have to worry about giving it to somebody else.

No I always worry about playing sex.

Being HIV-positive is a big deal because it is one more problem I have to worry about.

Now I have a chance to start all over and put things in order.

It's important because now I have to face the future and decide what I am going to do with the rest of my life.

REASONS WHY BEING HIV-POSITIVE IS IMPORTANT

FEMALE PARTICIPANT

Being HIV-positive is a big deal in my life because I will lose my friends if they find out.

It is important because I want to have a baby, but I don't want the baby to get HIV.

Being HIV-positive is a big deal in my life because it adds to all the problems I already have.

Now I have a chance to stop going with the wrong guys, quit drinking alcohol, and figure out what I want out of life.

WHAT DO I WANT?

Before becoming HIV-positive I wanted

Just after finding out I was HIV-positive I wanted

Now when I think of the future I want

THE DRUG AND ALCOHOL QUESTIONNAIRE

Total number "yes" responses: _____

Date: _____

Instructions: This questionnaire is designed to help you determine how drugs and alcohol affect your life. Read each statement and decide if it applied to you anytime in the last 6 months. If it does, check "yes" and, if it does not, check "no."

1. I use drugs or alcohol every week.

yes ___ no ___

2. When I am on drugs and alcohol, I have a loss of consciousness or blackout.

yes ___ no ___

3. I have been late, missed school, or been kicked out of school because of being high on drugs or alcohol.

yes ___ no ___

4. I have lost a job because of drugs or alcohol.

yes ___ no ___

5. My boyfriend or girlfriend and I fight a lot or he/ she has left me because of my drug or alcohol use.

yes ___ no ___

6. My drug or alcohol use has caused family fighting and disturbance.

yes ___ no ___

7. My drug or alcohol use takes more money than I have.

yes ___ no ___

8. I have stolen money or goods to pay for my drug or alcohol use.
yes ___ no ___
9. I need drugs or alcohol to have sex.
yes ___ no ___
10. After using drugs or alcohol, I have found myself in a strange place next to someone I did not know.
yes ___ no ___
11. I deal drugs in order to buy more drugs and alcohol.
yes ___ no ___
12. I've tried to kill myself while on drugs or alcohol.
yes ___ no ___
13. I have gotten into a fight while high or drunk.
yes ___ no ___
14. I have gone on drug highs or alcohol binges that lasted several days.
yes ___ no ___
15. I am not comfortable socially unless I take drugs or have some drinks.
yes ___ no ___
16. There are big blocks of time I can't remember or account for when I was high on drugs or alcohol.
yes ___ no ___
17. I lost touch with friends who don't use drugs or alcohol.
yes ___ no ___

18. I figure things out when I'm high that don't make any sense when I'm sober.

yes ___ no ___

19. People tell me about things that I said or did when I was high on drugs or alcohol that I regret or feel bad about doing.

yes ___ no ___

SUBSTANCE USE WORKSHEET

SUBSTANCE USED	HOW OFTEN?	HOW MUCH?
Beer	4 days/week	3 bottles each time

CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

THE DRUG AND ALCOHOL REPORT

When did you use? _____

Where did you use? _____

What did you use and how much? _____

Who were you with when you used? _____

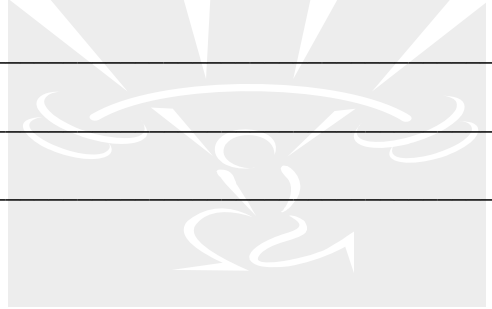
Why did you use? That is, what were you feeling, thinking, and doing before you used? _____

WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am	7 am	7 am	7 am	7 am	7 am	7 am
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12 pm	12 pm	12 pm	12 pm	12 pm	12 pm	12 pm
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

SUBSTANCE USE GOALS

Step 1: My big substance use goal is _____

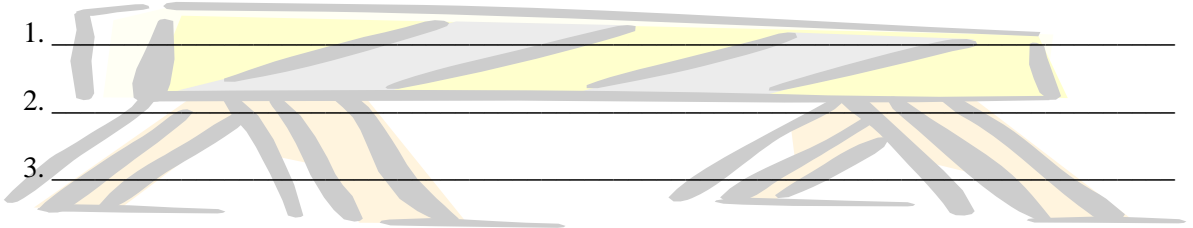


Step 2: Reasons it would be hard to reach my big goal

1. _____

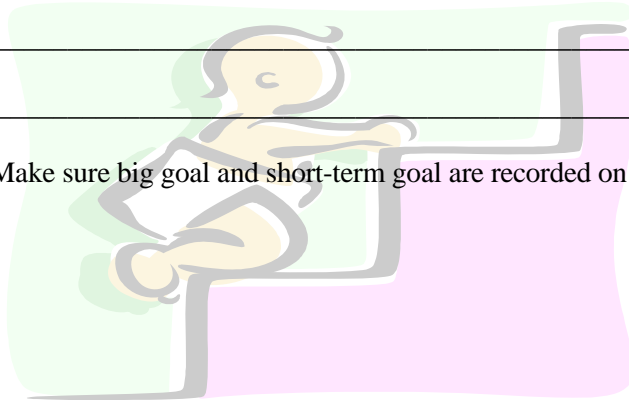
2. _____

3. _____



Step 3: 1st step

(Note: Make sure big goal and short-term goal are recorded on Goal Log.)



CALENDAR

(modify according to specific month)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SETTING A GOAL

COUNSELOR: You want to be able to withdraw from drugs.

YOUTH: Yes.

COUNSELOR: What makes it hard to do that right now?

YOUTH: I don't know.

COUNSELOR: What makes you unhappy now?

YOUTH: I am idle a lot of the time. I do not go to school and I have no regular work.

COUNSELOR: So, if you had things to do you could withdraw more easily.

YOUTH: Yes, I think maybe.

COUNSELOR: What else?

YOUTH: It is difficult. I know drugs are bad for me, but they help me in some ways, like they make it easier to sleep at night when it is cold outside.

COUNSELOR: If you could come up with strong reasons for stopping, would that help?

YOUTH: Maybe.

COUNSELOR: Anything else?

YOUTH: I have too many problems.

COUNSELOR: Like what?

YOUTH: Well, my friends all use alcohol and drugs. They help us work harder and longer. It is not easy to find work. If we work better than other kids, we get to work again. So we use alcohol and drugs to work better and earn money to take care of ourselves.

COUNSELOR: That's a big problem.

YOUTH: It is. And I have other problems too. Lots of them.

COUNSELOR: Any other reasons to use besides the problems in your life?

YOUTH: Well, I feel discouraged at times about being able to quit. It is hard to believe that quitting drugs and alcohol will make my life better.

COUNSELOR: Right now you have no way of showing yourself that you are doing OK in quitting.

YOUTH: That's it.

COUNSELOR: So far I have heard four possible goals for this week. They are 1) find some things to do to keep you busy; 2) come up with good reasons to quit; 3) make a list of problems to work on; 4) keep a record of your progress. How would you choose between them?

YOUTH: I'm just starting this, so I don't want a goal that's too hard. I want something that I can actually do. And I want to notice a difference. Something that actually helps me feel better about it.

COUNSELOR: That's a good list. Which goal for the week meets what you want?

YOUTH: I don't think I can come up with things to do that easily. And making a list of reasons for quitting won't really help me that much. I could keep a calendar of every day that I stay free of drug's, but I will have to do that anyway in the sessions. So, I guess making a list of problems is a good goal. Then I can pick the one I want to get help on.

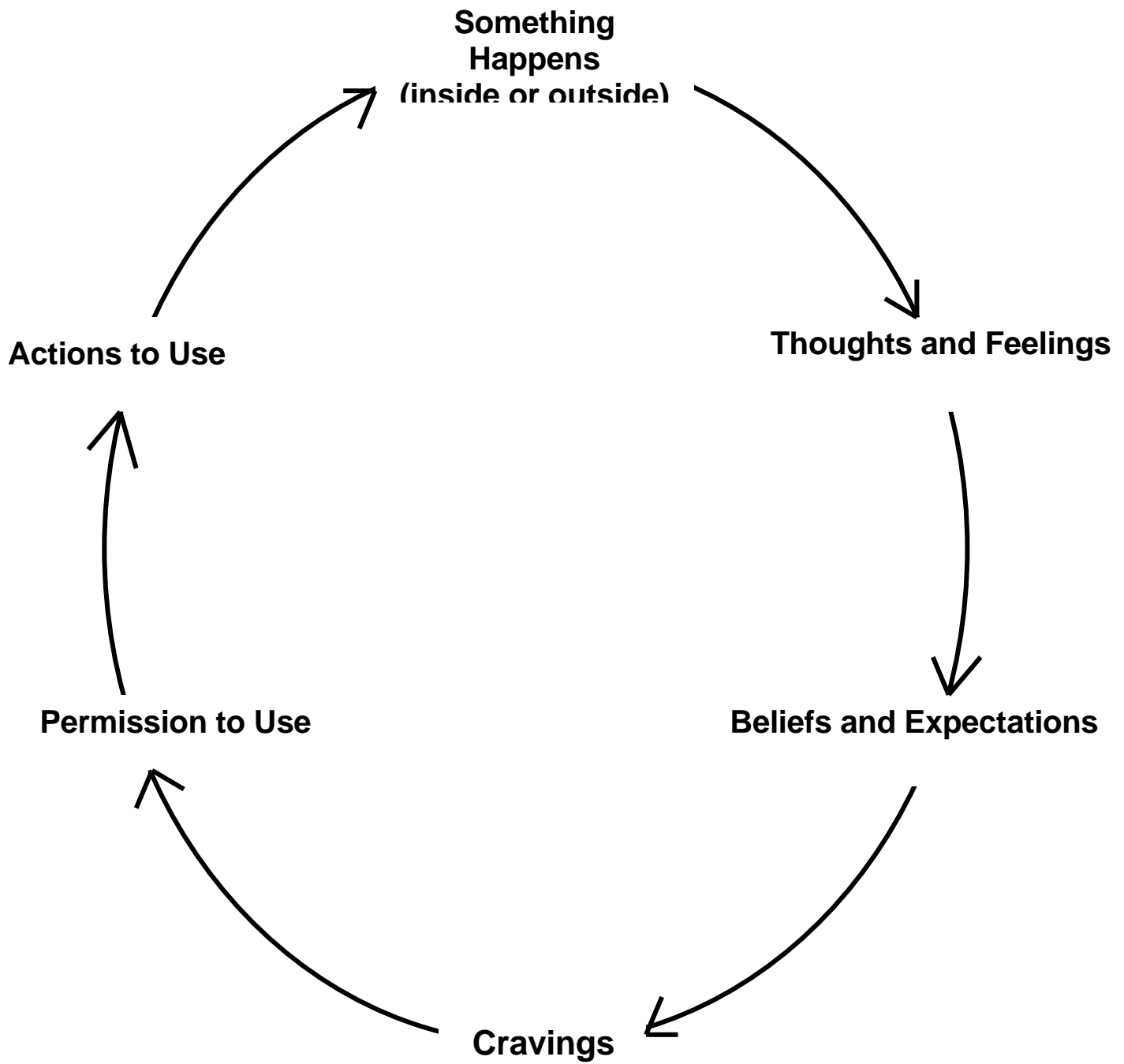
COUNSELOR: OK. You have decided that your short-term goal is to make a list of the big problems in your life. That's a great place to start

YOUTH: Yes, and to decide which one is the most important.

COUNSELOR: Sounds good to me.

YOUTH: That's what I'll come in with next time.

SUBSTANCE USE BLUEPRINT



RECENT USE EVENT WORKSHEET

When?

Where?

Who?

What?

Why?

THE BABY

SYLVIA: Can you hear her?

FRIEND: Who?

SYLVIA: My baby. She is screaming so loudly. She never stops.

FRIEND: I hear her crying a little.

SYLVIA: She's screaming her head off.

FRIEND: Should I get her?

SYLVIA: I don't want to hear her.

FRIEND: How old is she now?

SYLVIA: Three months. She hates me already.

FRIEND: Maybe she's just hungry or her diaper's wet. Little babies don't hate.

SYLVIA: Mine does. I'm glad my mother isn't here or she'd be telling me what to do and saying I wasn't a good mother. I love my baby. I want to be a good mother, but there is so much work. And I can't stand her crying.

FRIEND: Most babies cry some.

SYLVIA: It is too much. I can't manage it any more.

FRIEND: What are you going to do?

SYLVIA: I really can't manage it.

FRIEND: Sylvia.

SYLVIA: I want some enjaga so much. I really need some drugs.

FRIEND: What are you going to do?

SYLVIA: I am going to find something to smoke.

FRIEND: How is that going to help?

SYLVIA: It will help very much. When I feel highly, I can manage everything better.

FRIEND: Surely you don't believe that.

SYLVIA: If I can get some drugs, then I'll be calm and the crying won't bother me. I'll be much more able to be a good mother. I can manage things then. It will be good for my baby. She needs me to take care of her.

FRIEND: But if you are feeling highly, how can you take care of her?

SYLVIA: You don't have some enjaga on you, do you?

FRIEND: No.

SYLVIA: Do you know where can I get some?

FRIEND: I don't know.

SYLVIA: Hey, could you lend me some money?

THE END

BURNS

CHARLES: What happened to you?

SAMUEL: What do you mean?

CHARLES: You have big burns on your hands.

SAMUEL: It's nothing.

CHARLES: Tell me the truth.

SAMUEL: My boss made at the mechanic shop made me pick up a hot axel.

CHARLES: Why would he do that?

SAMUEL: He said I broke a repair he did on a truck.

CHARLES: Why don't you just stop going there. It is only vocational training. They don't provide you money for your work.

SAMUEL: I don't have a choice. My uncle found the training for me. He won't help me again if I leave. And my boss promised to start paying me when I finish the training.

CHARLES: But if you just tell your uncle the truth he can help you find another place to train.

SAMUEL: He has helped me many times before. He will not help me again.

CHARLES: Are you upset?

SAMUEL: My hands hurt so much. But there's nothing I can do about it. I have to keep working.

CHARLES: There are many things you can do.

SAMUEL: Yes, like go find some drugs - that's the best thing. That's the only thing that will help me feel better.

CHARLES: You feel highly, but only for a little while. And it will not heal your hands.

SAMUEL: It is true. It will not heal my hands, but it helps make the pain less while I work.

CHARLES: But your boss will still treat you badly. Drugs will not solve anything.

SAMUEL: I just need some drugs. Then I can manage things.

CHARLES: If you do not take care of the problem with your boss he will just punish you again.

SAMUEL: It won't hurt me any to take some small drugs. They will help me with the pain in my hands and then I can manage the problems with my boss.

CHARLES: How?

SAMUEL: When I use drugs I can work better and my boss will see that I am a good worker.

CHARLES: If you say so.

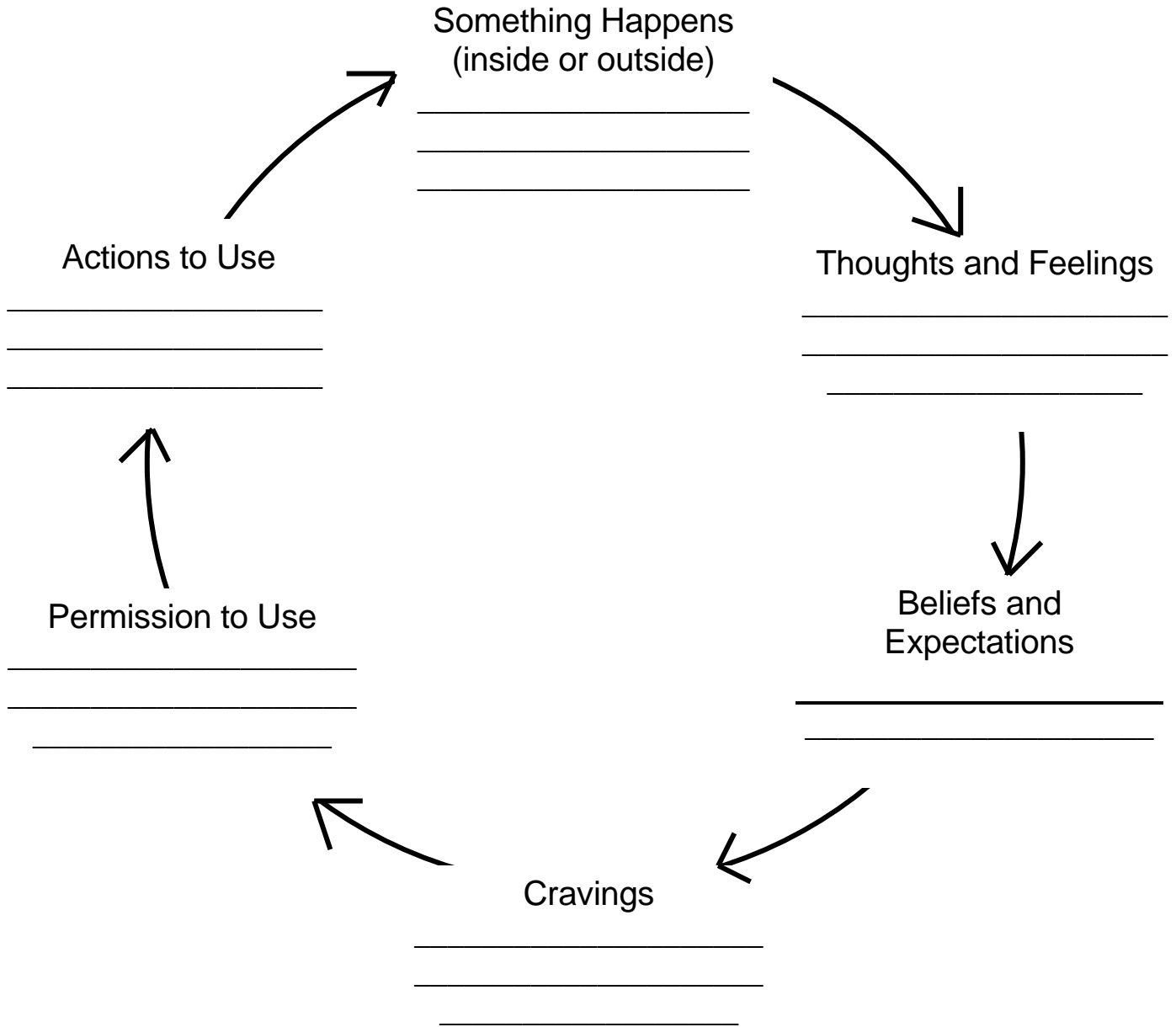
SAMUEL: You don't have any drugs on you, do you?

CHARLES: No.

SAMUEL: Can I borrow some money?

THE END

MY PERSONAL BLUEPRINT



When I feel _____, I tell myself _____,
and I do the following: _____.

THE DRUG AND ALCOHOL REPORT

When did you use? _____

Where did you use? _____

What did you use and how much? _____

Who were you with when you used? _____

Why did you use? That is, what were you feeling, thinking, and doing before you used? _____

DRUG BELIEF STATEMENTS

1. Life without drugs and alcohol is boring.

2. I can't function without it.

3. This is the only way to cope with the pain in my life.

4. I'm not ready to stop using.

5. I'm more fun and my friends like me better when I'm high.

6. I can't enjoy sex unless I am high.

7. My substance use is caused by someone else.

8. Having this drug problem really means that, deep down, I am a bad person.

9. I'm not a strong enough person to stop.

RELAXATION INSTRUCTIONS: A SPECIAL PLACE

Settle back in your chair or get comfortable wherever you are. [PAUSE]

Take a deep breath in. [PAUSE]

And let it out slowly. [PAUSE]

Close your eyes if you wish. [PAUSE]

Imagine your legs are getting warm and heavy. [PAUSE]

Warm and heavy.

Warm and heavy. [PAUSE]

Now let your arms feel warm and heavy.

Warm and heavy. [PAUSE]

Now imagine that you are floating.

Can you feel yourself floating in space? [PAUSE]

Somewhere there is a special place.

A place where you feel safe and comfortable.

A place you love to go to.

Picture that place in your mind. [PAUSE]

Just a few feet ahead is the entrance to that special place.

As I count down, you will move closer and closer. [PAUSE]

10...9...8...7...6...halfway there 5...4...3...2...1

Now you have entered that special place. [PAUSE]

See the shapes and colors there. [PAUSE]

Hear the beautiful sounds. [PAUSE]

Feel the air in that special place. [PAUSE]

Smell the fragrance. [PAUSE]

Touch the textures in that special place. [PAUSE]

Sense how wonderful you feel in that special place. [PAUSE]

In this place you can express your highest self and know that life can be better without substance use. [PAUSE]

Let all those good feelings sink into your body and mind right now.

[LONG PAUSE]

Now we will leave that special place.

But know that this is a place you can return to at any time. [PAUSE]

As I count up, you will gradually return to the here and now. [PAUSE]

1...2...3...4...5 halfway back 6...7...8...9...10.

Now slowly open your eyes.

Yawn and stretch.

Yawn and stretch. [PAUSE]

BELIEFS FOR USING DRUGS AND/OR ALCOHOL

Example: Belief -> I can't function without drugs
Self-talk statement—> I'm a strong person who can handle life without drugs
Qualities of higher self—> Strength, Determination

1. Belief _____

Self-talk statement _____

Qualities of higher self _____

2. Belief _____

Self-talk statement _____

Qualities of higher self _____

3. Belief _____

Self-talk statement _____

Qualities of higher self _____

WEEKLY SCHEDULE

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10	10	10	10	10	10	10
11	11	11	11	11	11	11
12 pm	12 pm	12 pm	12 pm	12 pm	12 pm	12 pm
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10

PROBLEM SOLVING WORKSHEET

TRIGGER/PROBLEM: _____

GOAL: _____

Option 1: _____

Advantages: _____

Disadvantages: _____

Option 2: _____

Advantages: _____

Disadvantages: _____

Option 3: _____

Advantages: _____

Disadvantages: _____

BEST SOLUTION _____



STEPS IN PROBLEM SOLVING

1. DEFINE THE PROBLEM.
2. FIGURE OUT THE GOAL.
3. LIST POSSIBLE ACTIONS.
4. DECIDE ON A COURSE OF ACTION.
5. DO IT!
6. REVIEW IT.

RESOURCE & SKILL WORKSHEET

GOAL:

SKILLS:

RESOURCES:

PROBLEM SOLVING WORKSHEET

TRIGGER/PROBLEM: _____

GOAL: _____

Option 1: _____

Advantages: _____

Disadvantages: _____

Option 2: _____

Advantages: _____

Disadvantages: _____

Option 3: _____

Advantages: _____

Disadvantages: _____

BEST SOLUTION _____

LOCAL RESOURCES

LIFE GOALS

EDUCATION: _____

WORK: _____

LIVING ACCOMODATIONS: _____

SOCIAL RELATIONSHIPS: _____

LIFESTYLE/ACTIVITIES: _____

PERSONAL IMPROVEMENT: _____

SUBSTANCE USE: _____
