

CLEAR Facilitator's Manual

Individual Sessions

Act Safe – Substance Use

Session #4: Seeing the Patterns: Why Do I Use Drugs and Alcohol? (1.5 hrs.)

OBJECTIVES:

1. The youth will practice identifying thoughts, beliefs, feelings, and actions that lead to continued substance use.
2. The youth will identify his/her own triggers in a recent substance use event.
3. The youth will implement another tool for self-monitoring substance use, the Drug and Alcohol Report.

RATIONALE:

This session on substance use has as its goal helping the youth discover what his/her personal blueprint for continued substance use is. The premise is that there is a typical sequence of feelings, thoughts, and actions that leads to use. The sequence consists of internal and external cues in a given situation, feelings and beliefs appraising the situation, followed by drug beliefs and expectations of benefits, cravings, thoughts that give permission to use, actions to facilitate substance use, and continuation of the pattern. In this session the emphasis is on understanding the substance use pattern in a general sense. Essentially the skills practiced here are self-regulatory ones beginning with monitoring feelings, thoughts, and actions. In addition, the youth will implement a new self-monitoring tool in changing substance use behaviors: the Drug and Alcohol Report.

SUMMARY:

1. Welcome participant, review goals, introduce the session, and give gift. (15 minutes)
2. Explain the general blueprint (feelings, thoughts and actions) for substance use events. (15 minutes)
3. Have the youth identify the five W's (triggers) of a recent substance use event, and explore the feelings attached to use. (15 minutes)
4. Use a script to demonstrate how to analyze a substance abuse blueprint. (15 minutes)

5. Lead the youth through the discovery of his/her own personal blueprint. (15 minutes)
6. End with a review, between-sessions goal setting, and benefit awareness/ appreciation. (15 minutes)

MATERIALS:

Attendance Sheet
Cohort Rosters
Lottery Prize in Mailing Envelope
Lottery Number Envelope
Goal Summary Sheet
Phone Tape Recorder
90-min Audio Tape
Facilitator's Manual
Participant's Workbook
Cohort Data Binder
Pens and Notepads

NOTES TO THE FACILITATORS: Text in **bold** letters tells you what the purpose of each exercise is. Text in CAPITAL letters tells you what to do. Text in small letters tells you what to say. Once you become familiar with what to say, please put it in your own words. Do not read text in small letters verbatim, make it natural.

The times listed under the headings of each exercise are to help you keep on target and move the workshop along. Exercises may be lengthened or shortened as needed as long as all material is covered.

Exercise 1: What Is Today's Session About?
(15 minutes)

[The purposes of this exercise is to set a comfortable tone, to increase self-esteem, and to reinforce positive behavior. Role call, a review of self-care actions taken, sharing perceived impact of substance use on future goals, a preview of the day's session, and a lottery are the approaches taken.]

It's great to have you back for another session!

Let's talk about your wins for this past week.

You were supposed to complete your Calendar for the week, marking the days you did not use drugs or alcohol.

Let's look at your calendar.

PRAISE COMPLIANCE.

IF YOUTH DID NOT REMEMBER TO DO CALENDAR, TAKE 45 SECONDS TO FILL IN NOW. REVIEW CALENDAR WITH YOUTH. REINFORCE THE YOUTH'S EFFORTS TO STAY SOBER.

It's very important to look at your goal log often through the week. This will keep you in motion towards reaching your goals.

Looking at it every day is a good way to make sure it gets done.

What made it hard for you to complete the Calendar?

REINFORCE WORKING AT AND MAKING PROGRESS ON GOALS.

Thanks for being honest and for sharing.

Doing the calendar is an important step in setting the foundation for changes you may want to make down the road.

Please make a point to keep up with these every day. It is much easier and you will get much more out of it if you do them regularly.

You also chose a short-term goal that was a small step towards your big substance use goal.

How did that go?

REVIEW PARTICIPANT'S GOAL AND PROBLEM SOLVE BARRIERS.

Today we're going to explore what alcohol and drugs do for you and why you use them.

Each person has their own blueprint for using: their own feelings, thoughts, and actions that lead up to substance use.

But before we get started with today's topic, it's time for the token of appreciation.

IF PARTICIPANT WAS ON TIME, GIVE THEM THE PRIZE. IF HE/SHE WAS LATE ENCOURAGE FUTURE TIMELINESS AND TELL PARTICIPANT YOU WILL HOLD ON TO PRIZE FOR NEXT SESSION.

Each week, I'll have a token of appreciation or prize to give you. Remember, you have to be on time for our session to receive it.

Now we are going to examine the kind of blueprint that most people follow when they use alcohol and drugs.

This general blueprint will help you figure out your own pattern.

Exercise 2: What Is a Substance Use Blueprint?
(15 minutes)

[The purpose of this exercise to familiarize the youth with the elements of a substance use blueprint. A brief model is presented.]

I want you to discover your own pattern or blueprint.

Let's take a look at how a person gets into a situation that leads to substance use.

Here is a page for your workbook. This chart is called the "Substance Use Blueprint."

The first thing to notice is that all of the points on the chart are connected by arrows, and it makes a big circle.

Let's go around that circle and name each of the steps that lead to substance use.

1. FIRST SOMETHING HAPPENS (INSIDE OR OUTSIDE).
2. THEN THOUGHTS AND FEELINGS ABOUT THE SITUATION OCCUR.
3. NEXT, BELIEFS AND EXPECTATIONS ABOUT WHAT DRUGS CAN DO FOR SOMEONE IN THAT SITUATION COME UP.
4. THEN CRAVINGS FOR DRUGS OR ALCOHOL ARE EXPERIENCED.
5. USERS THEN GIVE THEMSELVES PERMISSION TO USE.
6. WHEN THAT HAPPENS ACTIONS TO USE ARE TAKEN.
7. AND USING NOW LEADS TO MORE USE IN THE FUTURE.

Can you see the cycle of substance use?

Do you have any questions?

CLARIFY AND ANSWER QUESTIONS.

Good! Now let's examine each point in detail.

I need your input to make this blueprint clear, so please be ready to share.

First something happens either inside you, outside you, or both, that sets you on the path to using.

An example of something happening inside you might be feeling down or depressed.

An example of something happening outside of you would be a friend asking you to share some drugs he just bought.

These are the cues or triggers that start a substance use event.

Can you think of some examples of inside or outside triggers?

ENCOURAGE SHARING OF EXAMPLES OF INTERNAL AND EXTERNAL TRIGGERS.

Next your thoughts and feelings about the situation come into your head and gut.

"I can't stand feeling down."

"My friend will get mad if I don't try some of his new stuff."

Then your thoughts about the benefits of using appear.

"I'll feel a lot better if I get high." "My friend and I will keep up our friendship if I have some with him."

What are some other examples of beliefs about what drugs or alcohol can do for a person?

ENCOURAGE SHARING OF BELIEFS ABOUT THE BENEFITS OF DRUGS
OR ALCOHOL IN A SITUATION.

Yes, all of these beliefs can lead to strong craving for drugs or alcohol:
"I sure do want it;" "I got to have it."

Next come the thoughts that give you permission to use:

"Drugs don't really hurt me. I can handle it."

"Just this once won't do any harm."

Can you think of some other beliefs that give a person permission to go ahead and use
drugs or alcohol?

ENCOURAGE SHARING OF PERMISSION BELIEFS.

Then you take whatever actions are necessary to find or get drugs or alcohol.

What are some actions people take to get drugs?

ENCOURAGE SHARING OF DRUG SEEKING BEHAVIORS.

When the drugs or alcohol are taken you may feel better for a while.

But the good feelings don't last forever.

You may start to feel bad, or guilty, or another trigger happens.

Of course, this leads to more drug or alcohol use.

The cycle starts all over again.

Why? [Pause] Because people who use a lot often feel bad and feeling bad is a powerful trigger for using.

That's an important point, so I'll say it again – after the high, using can make you feel worse and that leads to more using.

Are there any questions about the general blueprint?

ANSWER QUESTIONS ABOUT THE BLUEPRINT.

Each substance user follows this general blueprint, but has his or her own specific thoughts, feelings, beliefs, and actions, depending on who they are and the situations that they are in.

Now that you have an idea about the general blue print I want you to discover your own pattern of thoughts, feelings, and actions.

First, it is important to recall a recent time when you used drugs or alcohol.

Exercise 3: What Happened the Last Time I Used Drugs or Alcohol?

(20 minutes)

[The purpose of this exercise is to make the exploration of the substance use blueprint meaningful by arousing feelings associated with a recent substance use event and by making sure negative feelings related to the event are not denied. Describing a recent event to an accepting listener and pursuing feelings is employed.]

To really discover something about your own substance use blueprint we need to take a look at a recent time when you used drugs or alcohol.

You need to get in touch with the feelings and thoughts you had and the actions you took when you used.

GIVE PARTICIPANT THE "RECENT USE EVENT" WORKSHEET.

This is for your workbook.

On this piece of paper I want you to fill in the blanks next to the "when," "where," "who," "what," and "why," regarding the last time you used drugs or alcohol.

First think of the most recent time when you took drugs or alcohol.

Do anything that will help you get back to that situation in your mind; close your eyes, think of a song, or draw a picture.

If you want to draw pictures to help you get the feel of that time, you can use the extra space on the back of the page.

Take a minute to bring out how that situation was for you, and then answer the questions.

[PAUSE FOR 30 SECONDS]

Under "when", write when this happened.

Under "where" write where it happened.

Under "who" write who was involved.

Under "what" write what was happening, or what was going on when you started to think about using.

ALLOW UP TO FOUR MINUTES TO FILL IN THE CHARTS

OK, what did you come up with?

REVIEW EACH RESPONSE FOR ACCURACY AND COMPLETENESS TO MODEL SELF-AWARENESS SKILLS TO THE PARTICIPANT.

When, where, who, and what are all important parts of using. Any one of these could act as the trigger – the thing that prompts the thoughts and feelings about using.

To understand why you used, we need to become aware of how you felt during these situations.

Feelings are the results of our thoughts and actions--what we do, what happens to us, and what we think about it.

Feelings put all this information together and give us feedback.

They give us messages about what we need to do to survive and grow.

It is a big mistake to avoid feelings or ignore them, even though that's often easier to do.

That is why we will start looking into them.

So, [NAME OF PARTICIPANT], let's explore your feelings.

GO THROUGH THE LIST OF QUESTIONS BELOW:

Remember the Feeling Thermometer?

100 degrees is very uncomfortable and 0 degrees is completely comfortable.

How do you feel now?

OBTAIN A RESPONSE.

How did you feel while you were filling out your recent event worksheet?

OBTAIN A RESPONSE.

Tell me a little bit to remind me about what happened in the situation that you just described.

Try to get those feelings again.

MODEL LISTENING WITHOUT INTERRUPTIONS, CRITICISM OR PUT-DOWNS.

What feelings did you have right before this event occurred?

ENCOURAGE THE YOUTH TO LABEL THE FEELINGS EXPERIENCED AND TRY TO MAKE SURE THAT THE YOUTH RECOGNIZES ALL THE FEELINGS THAT WERE PRESENT.

PROMPT AND STRETCH THE YOUTH'S AWARENESS

What feeling would you call that?

OBTAIN A RESPONSE.

What other emotions did you experience?

OBTAIN A RESPONSE. IF NEEDED ASK:

I wondered if you also felt _____ (DEPENDING ON THE STORY TOLD).

How did you feel just as you started to take the drugs or alcohol?

OBTAIN A RESPONSE.

How did you feel after you came down from the drugs or alcohol?

OBTAIN A RESPONSE.

What's your feeling thermometer reading as we're talking about this?

OBTAIN RESPONSE AND DISCUSS REASONS FOR FEELING LEVEL

What you just did to discover how you felt is really good!

Thank you for sharing.

AFTER EXPLORING FEELINGS, SUMMARIZE AS FOLLOWS:

From these examples it's pretty clear that feelings play a big part in substance use behavior.

How a person feels before using is often the biggest reason they use.

Try to be more aware of your feelings when you have the urge to use drugs and alcohol.

You might discover something new about yourself, like that sometimes drugs or alcohol isn't what you *really* want when you feel like using.

Now we'll go back to the main blueprint model, the circle we started with today.

Exercise 4: How Do I Fill in a Blueprint?

(15 minutes)

[The purpose of this exercise is to increase the youth's ability to identify where specific, thoughts, feelings, and actions fit into a personal blueprint. A script and an analysis of it is the approach taken.]

To learn how to make out your own blueprint we will start with a role-play.

USE THE GENDER-APPROPRIATE VERSION OF THE TWO SCRIPTS THAT FOLLOW.

Here is the script. Which character would you like to be?

DECIDE WHO WILL PLAY EACH ROLE, AND READ IT ALOUD.

THE BABY
(Female version)

LUCY: Can you hear her?

FRIEND: Who?

LUCY: My baby. Screaming her head off.

FRIEND: I hear her crying a little.

LUCY: She's screaming her head off.

FRIEND: Should I get her?

LUCY: I don't want to hear her.

FRIEND: How old is she now?

LUCY: Three months. She hates me already.

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

LUCY: 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.

LUCY: I can't take it any more.

FRIEND: What are you going to do?

LUCY: I really can't stand it.

FRIEND: Lucy ...

LUCY: God, I want some so much. I just got to have some shit.

FRIEND: What are you going to do?

LUCY: Get a hit.

FRIEND: What's that going to do?

LUCY: Are you kidding? When I'm on the shit, everything is beautiful.

FRIEND: Don't you wish.

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

FRIEND: But if you are on a binge, how can you take care of her?

LUCY: You don't have some shit on you, do you?

FRIEND: No.

LUCY: Where can I get some?

FRIEND: I don't know.

LUCY: Hey, could you lend me twenty bucks?

THE END

That was great!

What triggered Lucy's craving?

ENCOURAGE RESPONSES. LOOK FOR "THE BABY'S CRYING" AS THE TRIGGER.

How did Lucy view the situation?

ENCOURAGE RESPONSES. LOOK FOR "CAN'T STAND THE CRYING," "SHE'S A BAD MOTHER," "HER MOTHER WILL CRITICIZE HER AND CALL HER A BAD MOTHER."

What feelings did Lucy have that pushed her toward drug use?

ENCOURAGE RESPONSES. LOOK FOR "IRRITATION" "ANXIETY," "DISCOURAGED," AND "HELPLESS."

What do you think Lucy's core beliefs about herself are? What do you think she feels or thinks about herself?

ENCOURAGE RESPONSES. LOOK FOR "SHE IS HELPLESS AND WORTHLESS."

Yes, it seems like she lost touch with her higher self in this situation.

What does Lucy expect from drug use?

ENCOURAGE RESPONSES. LOOK FOR "TO MELLOW OUT AND ABLE TO HANDLE THINGS."

Before we go to the next point on the blueprint I want you to notice something.

Lucy expected that drugs would mellow her out and help her handle things. But what did Lucy really, *really* want in this situation.

ENCOURAGE RESPONSES. LOOK FOR “TO BE A GOOD MOTHER,” “TO BE ABLE TO FEEL GOOD ABOUT HERSELF FOR BEING A GOOD MOTHER,” AND “TO FEEL LOVED BY HER BABY AND HER MOTHER.”

Right, drugs could *never* make that happen for her. Instead, it sets it up so that it might never happen at all. [PAUSE.]

Okay, back to the blueprint.

Did Lucy develop a craving for drugs and what evidence is there that she did?

ENCOURAGE RESPONSES. LOOK FOR “SAYING HOW MUCH SHE HAS GOT TO HAVE IT.”

Is there any evidence that Lucy gave herself permission to use drugs?

ENCOURAGE RESPONSES. LOOK FOR “TAKING DRUGS WILL BE GOOD FOR THE BABY.”

What actions leading to taking drugs were present?

ENCOURAGE RESPONSES. LOOK FOR “ASKING HER FRIEND FOR DRUGS AND MONEY.”

That was a very good analysis.

Can you see how to fill in a blueprint?

ENCOURAGE RESPONSES AND QUESTIONS. CLARIFY AND COACH.

Now we will give you a chance to look at your recent experiences with drugs or alcohol.

THE BRUISE

(Male version)

RONALD: What happened to you?

STEVE: What do you mean?

RONALD: You have a big bruise on your face.

STEVE: It's nothing.

RONALD: Tell me the truth.

STEVE: Jack hit me.

RONALD: How come?

STEVE: He gets that way if I don't do what he wants.

RONALD: Why don't you leave him?

STEVE: I love him. A lot of the time he's very nice to me. Besides I'm trapped. Where else could I find someone who wants me?

RONALD: What do you mean? What's wrong with you?

STEVE: I don't know.

RONALD: Are you upset?

STEVE: I'm hurting real bad. When he gets angry at me it's more than I can stand, but there's nothing I can do.

RONALD: There's lots you can do.

STEVE: Like go find some stuff - that's the best thing. That's the only thing that will let me feel better.

RONALD: But only for a little while.

STEVE: I'll be OK then. At least I can turn off how bad I feel.

RONALD: It doesn't solve anything.

STEVE: God, I just got to have some stuff.

RONALD: Then you'll go right back to him.

STEVE: It won't hurt me any to take something. Besides I'm sure it will be the last time. Once I get rid of the hurt, then I can straighten things out with him.

RONALD: How?

STEVE: Hey man, no one can blame me for messing up with Jack. I just can't stand this feeling anymore.

RONALD: If you say so.

STEVE: You don't have anything on you, do you?

RONALD: No.

STEVE: Could you lend me twenty bucks?

THE END

That was great!

GIVE THE PLAYERS "BEEPS."

What triggered off Steve's craving?

ENCOURAGE RESPONSES. LOOK FOR "GETTING HURT BY JACK."

How did Steve view the situation?

ENCOURAGE RESPONSES. LOOK FOR "HE NEEDS JACK," "NOT BEING ABLE TO GET ANYONE ELSE," "DESERVING TO GET HIT BECAUSE HE DIDN'T DO WHAT JACK WANTED," AND "CAN'T STAND THE FEELING OF HURTING."

What feelings did Steve have that pushed him toward drug use?

ENCOURAGE RESPONSES. LOOK FOR "FEELING HURT, TRAPPED, AND DEPRESSED."

What do you think Steve's core beliefs are about himself? What do you think he feels or thinks about himself?

ENCOURAGE RESPONSES. LOOK FOR “WORTHLESS, UNLOVABLE, AND HELPLESS.”

Yeah, it really seems like Steve lost touch with his higher self in that situation.

And what do you think Steve expects from drug use?

ENCOURAGE RESPONSES. LOOK FOR “EASING THE PAIN,” “FEELING SOME POWER IN BEING ABLE TO DO SOMETHING TO CONTROL THE PAIN.”

Before we go to the next point on the blueprint I want you to notice something.

Steve expected that drugs would give him control and ease the pain. But what did Steve really, *really* want in this situation.

ENCOURAGE RESPONSES. LOOK FOR “TO FEEL SAFE AND LOVED BY RONALD,” “TO FEEL WORTHY OF OTHER PEOPLES LOVE,” AND “TO BE ABLE TO STAND UP TO RONALD.”

Right, drugs could *never* make that happen for him. Instead, it sets it up so that it might never happen at all. [Pause.]

Okay, back to the blueprint.

Did Steve develop a craving for drugs and what evidence is there that he did?

ENCOURAGE RESPONSES. LOOK FOR “SAYING HOW MUCH HE'S GOT TO HAVE IT,” AND “CAN'T STAND THE PAIN WITHOUT IT.”

Is there any evidence that Steve gave himself permission to use drugs?

ENCOURAGE RESPONSES. LOOK FOR “THE LAST TIME HE’LL USE DRUGS,” “HE WILL STRAIGHTEN THINGS OUT AFTERWARDS,” and “IT WON’T HURT HIM.”

What actions leading to taking drugs were present?

ENCOURAGE RESPONSES. LOOK FOR “ASKING RONALD IF HE HAD DRUGS WITH HIM” AND “TRYING TO BORROW MONEY.”

That was a very good analysis of Steve's feelings, thoughts, and actions.

Any questions about how to fill in the blueprint?

ENCOURAGE RESPONSES AND QUESTIONS. CLARIFY AND COACH.

Now let’s look at your recent experience with drugs or alcohol.

Exercise 5: What Is My Personal Blueprint?

(15 minutes)

[The purpose of this exercise is to improve the youth's abilities to look at their own substance use blueprint. Continuing to analyze the personal experiences shared earlier today is the approach.]

We are going back to the circle-shaped blueprint we started with today.

Here is a new blueprint for your workbook.

GIVE YOUTH BLUEPRINT WITH BLANK LINES.

Notice that this blueprint has blanks at each point on the substance use path.

I'd like to help you fill in the blueprint right now, based on your recent substance use experience.

Okay, the first point on the path to using is the internal and external cues or triggers – the who, what, when, where, and why of the situation. We already did that before.

REFER YOUTH TO PREVIOUSLY COMPLETED RECENT USE EVENT WORKSHEET

The one question I didn't ask you before was why.

Why did you use?

OBTAIN RESPONSE. REMEMBER TO LISTEN AND REFLECT, DO NOT BE JUDGMENTAL

Let's look at it in more detail. Break it down. What did you make of the situation?

ASK EACH OF THE FOLLOWING QUESTIONS AND OBTAIN A RESPONSE.
AFTER EACH QUESTION PAUSE AND HAVE YOUTH FILL IN BLANKS ON
BLUEPRINT. SEEK CLARIFICATION AND DETAIL OF EVENT.

What were you thinking and feeling about what was happening?

Next on the blueprint comes your expectations of what drugs or alcohol could do for you in that situation.

What did you expect from doing drugs/ alcohol at that time?

Did you experience cravings? How did you know?

How did you give yourself permission to use? What did you say to yourself that made it okay?

Finally, what actions did you take to get and use drugs/ alcohol?

Please wrap up your analysis by filling in this sentence: "When I feel _____, I tell myself _____, and I do the following: _____."

GET AN ACCURATE RESPONSE. ASSIST AS NECESSARY.

So, [PARTICIPANT'S NAME], what is the biggest thing you discovered about why you use drugs or alcohol from figuring out your blueprint?

ENCOURAGE SHARING OF WHAT WAS LEARNED.

I know this can be difficult to talk about. That was really great.

Thanks, [NAME] for your honesty and sharing this with me.

Exercise 6: What's Next?
(10 minutes)

[The purposes of this exercise are to expand on goal setting skills, build rapport and create a positive expectation for the next session. Review, between-session goal-setting, and expressing benefit awareness and appreciation is undertaken.]

Today's session was all about understanding what prompts people to use drugs.

We learned a model or blueprint that describes the path to using. The steps of the model are the same for you, but your specific blueprint can differ from other people.

We paid special attention to feelings because they play a big part in substance abuse, even though we often don't recognize them.

Remember that at the end of each session we set two goals, one that is chosen for you and a personal goal you pick yourself.

For the first goal I would like you to think about another time you used alcohol or drugs.

Fill in your blueprint just as we did a few moments ago, including the summary statement at the end.

This will just be about a different time.

Here's the page to do it and we'll add it to your workbook.

Now that you know how to do it, the calendar will be a part of every week's activities.

Please do a calendar this week.

The next tool I want to introduce you to is one that will help you understand your drug and alcohol behaviors: The Drug and Alcohol Report.

Here is a copy of The Drug and Alcohol Report.

GIVE PARTICIPANT A COPY OF THE DRUG AND ALCOHOL REPORT

Like the exercise we did earlier today, this report will help you identify all of your triggers for using.

The Drug and Alcohol Report asks you the 5 W's:

When did you use?

Where did you use?

What did you use and how much?

Who were you with when you used? And,

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

I'm giving you many copies of this report. I ask that you fill out one of these reports every time you use drugs or alcohol.

Try to fill them out as soon after using as possible, every time you use.

This means there will be at least one report every day you could not "X" out on your calendar.

Did I explain that well? Do you know what to do?

GET YOUTH TO FEEDBACK THE INSTRUCTIONS.

CLARIFY AS NEEDED.

Thank You!

That's a fine start.

You are doing these activities to help you reach your big substance use goal of [STATE PARTICIPANT'S SUBSTANCE USE GOAL].

Each small step takes you closer to your goal.

Let's make sure to record these on your goal chart now.

RECORD GOALS ON GOAL CHART.

I'm looking forward to next week to find out how it went.

Before we end I would like you to share something that you got out of, or what you liked most about today's session.

SHOW APPRECIATION BY ACKNOWLEDGING AND PRAISING PARTICIPANT AS APPROPRIATE.

The next session will take place on [DAY, DATE, AND TIME].

END OF SESSION FOUR.