

CLEAR Facilitator's Manual

Module 1 Act Safe – Substance Use

Session #4: Beliefs: Thoughts That Influence My Substance Use Patterns. (1.5 hrs.)

OBJECTIVES:

1. Youth will clarify emotions and cognitions that trigger substance use.

Youth will confront belief systems that support substance use.

Youth will identify self-perceptions related to use-supporting beliefs.

Youth will learn a strategy to reduce tension.

Youth will implement substance use calendars.

RATIONALE:

Continuing with the personal application of the model, youths will examine cognitions that support the use of drugs and alcohol. After summarizing what they have learned so far about their personal substance use blueprints, typical beliefs that support substance use are addressed. Youth respond to the emotional impact, reasonableness, and relevance of these beliefs to their own behavior patterns. The purpose of this experience is to encourage youths to question some of their assumptions and attributions around using drugs and alcohol.

The development of adaptive beliefs is continued by examining self-perceptions related to substance use. Finally, motivation is reinforced by providing youth with an effective technique for dissipating the tension generated by engaging these challenges.

SUMMARY:

Welcome participants, take attendance, review goals, introduce the session, and conduct a lottery. (25 minutes)

Have youth confront a list of typical beliefs supporting substance use, self-perceptions. (30 minutes)

Have youths identify self perceptions related to beliefs supporting substance. (15 minutes)

Lead youth through a relaxation exercise using guided imagery. (10 minutes)

End with a review, between-sessions goal setting, and benefit awareness/ appreciation. (10 minutes)

MATERIALS:

Attendance Sheet
Cohort Rosters
Lottery Prize in Mailing Envelope
Lottery Number Envelope
Goal Summary Sheet
Phone Tape Recorder
90-min Audio Tape
Facilitators Manual
Training Tools Reference
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?"
(25 minutes)

[The purposes of this exercise are to engage the youth, to increase self-esteem, and to shape positive behaviors. Role call, a review of actions taken to express strengths and values, sharing insights on the impact of feelings on substance use patterns, a preview of the day's session, and a lottery are the approaches taken.]

GREET PARTICIPANTS AS THEY JOIN THE CALL.

Hi! This is [name]. Who just joined the call?

RECORD ATTENDANCE AS PARTICIPANTS REPORT IN.

WHEN READY TO START THE FACILITATOR SAYS:

Welcome back, everyone! I'm glad you could join us today. We miss you when you can't be on the call.

Let's start off by sharing your wins for the past week.

Remember that a win is the progress you made on your goals, something positive you did, an important insight you gained about yourself, your thoughts, feelings or behavior.

Who would like to share first?

GET THE YOUTH INVOLVED. ASK SPECIFIC PARTICIPANTS TO RESPOND IF NECESSARY.

REVIEW SEVERAL PARTICIPANTS WINS. SUPPORT THEIR PROGRESS WITH VERBAL PRAISE.

BRIDGE WINS TO COMPLETION OF THE PAST WEEK'S GOALS.

From those we didn't hear from yet, how did you express your higher selves this past

week and how did it feel to do it?

GET SEVERAL RESPONSES. REINFORCE POSITIVE ACTIONS.

EMPHASIZE POSITIVE FEELINGS, PARTICULARLY SELF-ESTEEM.

SUMMARIZE AS FOLLOWS:

It is becoming clearer and clearer that when we work from our strengths and focus on expressing our higher selves, it feels much better just to be alive.

Let's take a minute to update our list of higher self qualities we started in session 2.

Please turn back to page XX in your workbooks.

Did everyone find their original list?

Okay. Please add any new descriptions of your higher self that you have identified since we started this list.

Make your list as complete as possible. We will wait for a minute for you to do this.

WAIT ONE MINUTE BEFORE CONTINUING.

Thank You. The second goal for this week was to review your substance use blueprint and to complete the following sentence:

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

Let's hear from everyone on this one.

USE THE CALL ROSTER AND GET EACH PARTICIPANT TO ARTICULATE A RESPONSE.

SUMMARIZE BY FIRST REFLECTING BACK A VARIETY OF FEELINGS, AND THEN THOUGHTS, THAT TRIGGER SUBSTANCE USE:

Working on this goal points out some very important information. It shows that when we feel [A, B, C, or D], that leads to thoughts like [E, F, G, and H], which in turn leads to using.

That tells us that by changing certain feelings and thoughts, it will be much easier to reduce or stop using drugs and alcohol.

That's a different story than relying on willpower alone to resist desires to use. Big difference!

We have one more goal to check on. Who remembered to complete their substance use reports?

HAVE ONE OR TWO YOUTH SHARE A REPORT. WALK THEM THROUGH EACH STEP.

What did these reports tell you about your substance use patterns.

GET A FEW RESPONSES.

Did anyone find it hard to get their reports done?

PROBLEM SOLVE COMPLIANCE ISSUES. GET THOSE WHO COMPLIED TO HELP WITH SPECIFIC RECOMMENDATIONS.

Thanks for sharing everyone. That was great.

Today we are going to examine beliefs about using drugs and alcohol.

Before we get to work on today's topics let's have a lottery.

Today's lottery prize is _____.

NAME THE PRIZE.

And the winning number is:

OPEN THE ENVELOPE (NEAR THE MICROPHONE SO PARTICIPANTS CAN HEAR IT) AND CALL OUT THE WINNING NUMBER.

BEEP AND CONGRATULATE THE WINNER.

Remember that the more sessions you attend, the higher your chances of winning a lottery prize.

I also want to remind you to give out at least five [BEEP] thanks during our call today. Be sure to let other group members know when you like what they say or do.

Exercise 2: What Do I believe About Using?
(30 minutes)

[The purpose of this exercise is encourage youths to question their beliefs about drug and alcohol use. Responding to typical substance use belief statements is the method applied.]

Today we are going to look at your beliefs related to using drugs and alcohol.

Beliefs are important because they influence how we feel and what we think and do.

This is true whether we are thinking about those beliefs at the moment or not.

There are times when we might want to change what we are doing, but find that it's a lot harder than we would like.

It could be that old beliefs, beliefs that don't fit with the new way of doing things, are holding us back.

That's why it's important to look at your beliefs about using drugs and alcohol.

On page XX in your workbook is a list of belief statements that support using. Please turn to page XX.

First, I will call on someone to read a belief statement from this list.

After you read the statement I want you to tell the group what your thoughts are about this belief.

Do you agree or disagree? How does it apply to you?

Then I will invite everyone on the call to make statements that argue against the belief that was read.

The purpose is to look at your beliefs about using, and to look at many possible ways to update those beliefs.

It's very important that your beliefs fit with the person you want to be and your plans for the future.

If this sounds confusing, don't worry. I will walk you through each step.

USE THE ROLE CALL AND HAVE A PARTICIPANT READ THE FIRST BELIEF STATEMENT.

ASK THE PARTICIPANT IF THEY AGREE OR DISAGREE WITH THE STATEMENT AND WHY.

STAY NEUTRAL TO RESPONSES. USE REFLECTIVE STATEMENTS ONLY.

THEN OPEN IT UP TO THE GROUP FOR [ADDITIONAL] STATEMENTS THAT COUNTER THE ORIGINAL BELIEF STATEMENT.

ASK FOR ANOTHER VOLUNTEER TO READ THE NEXT BELIEF STATEMENT AND REPEAT THE PROCESS.

CONTINUE THROUGH THE WHOLE LIST OF STATEMENTS (AS TIME PERMITS):

DRUG BELIEF STATEMENTS

1. LIFE WITHOUT DRUGS 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. MY LIFE WON'T GET ANY BETTER, EVEN IF I STOP USING.
6. I COULD NOT BE SOCIAL WITHOUT USING.
7. I DON'T DESERVE TO RECOVER FROM DRUG USE.
8. MY SUBSTANCE USE IS CAUSED BY SOMEONE ELSE.

9. HAVING THIS DRUG PROBLEM REALLY MEANS THAT, DEEP DOWN, I AM A BAD PERSON.

10. I'M NOT A STRONG ENOUGH PERSON TO STOP.

What other beliefs can you think of that encourage you to use?

What is your reaction to these beliefs now? Can you argue against them?

ENCOURAGE SHARING OF BELIEFS. QUERRY EACH BELIEF AND SOLICIT COUNTER STATEMENTS.

How did you feel when you read the belief statements and applied them to yourself?

Using the Feeling Thermometer on page XX - 100 is very uncomfortable and 0 is completely comfortable - what were your Feeling Thermometer readings?

HAVE EACH PERSON STATE WHAT THEIR COMFORT LEVELS WERE WHILE CONFRONTING BELIEFS.

How would feeling differently make a difference on what you believed?

ENCOURAGE DISCUSSION. SUGGEST THAT FEELING MORE COMFORTABLE WITH NEW BELIEFS MAKES IT EASIER TO ADOPT THEM.

Exercise 3: What Part of Me Wants To Use?
(15 minutes)

[The purpose of this exercise is to help youths acknowledge their non-adaptive characteristics and the role they play in substance use. The assumption is that progress on this developmental task (integration of the good self – bad self split), will empower youths to choose more adaptive (good self) behaviors over impulsive, self-destructive (bad self) behaviors. Substance use (and later, sexual risk acts) are particularly appropriate target behaviors for addressing this task.]

In the first session we said that every person is a unique mix of a lot of good stuff and also a lot of not-so-good stuff.

We called the good stuff our higher self, and so far we have worked on expressing our higher selves as a way to be happy and to reach our future goals.

For example, when you throw your empty soft drink can in the recycle bin you are expressing respect for the environment and concern for the future.

“Respectful” and “considerate” are characteristics of your higher self.

Now it’s time to take a look at some of the not-so-good stuff.

What characteristics would you be expressing if you threw that empty can in the street?
What words would describe them?

LOOK FOR DISRESPECTFUL, CARELESS, INCONSIDERATE, ETC.

Right! Although we can express them if we choose to, we don’t like to think of ourselves as disrespectful, careless, or inconsiderate, and they don’t help us get to where we want to go.

We will call those not-so-good qualities or characteristics our lower self.

Now, let’s take another look at the list of typical substance use beliefs on page XX to see which characteristics those beliefs reflect.

READ EACH BELIEF STATEMENT AND HAVE THE GROUP BRAINSTORM ON LOWER SELF CHARACTERISTICS.

EMPHASIZE THE CHARACTERISTICS NOTED BELOW.

TRY TO HAVE EVERYONE PARTICIPATE.

DRUG BELIEF STATEMENTS

LIFE WITHOUT DRUGS IS BORING.

LOOK FOR "BORING;" "NO LIFE;"

I CAN'T FUNCTION WITHOUT IT.

LOOK FOR "DEPENDENT;" "ADDICTED"

THIS IS THE ONLY WAY TO COPE WITH THE PAIN IN MY LIFE.

LOOK FOR "HURTING;" "ESCAPING;" "RATIONALIZING"

I'M NOT READY TO STOP USING.

LOOK FOR "SCARED;" "FEARFUL;" "IN DENIAL"

MY LIFE WON'T GET ANY BETTER, EVEN IF I STOP USING.

LOOK FOR "HOPELESS;" "GIVING UP"

I COULD NOT BE SOCIAL WITHOUT USING.

LOOK FOR "INSECURE;" "NO CONFIDENCE"

I DON'T DESERVE TO RECOVER FROM DRUG USE.

LOOK FOR "BAD;" "WORTHLESS"

MY SUBSTANCE USE IS CAUSED BY SOMEONE ELSE.

LOOK FOR “DENIAL;” “BLAMING;” “VICTIM”

HAVING THIS DRUG PROBLEM REALLY MEANS THAT, DEEP DOWN, I AM A
BAD PERSON.

LOOK FOR “UNLOVABLE;” “EVIL;”

I'M NOT A STRONG ENOUGH PERSON TO STOP.

LOOK FOR “WEAK;” “HELPLESS”

Thanks, that was great work!

What do you make out of all this?

ACKNOWLEDGE ALL RESPONSES, BUT STRONGLY REINFORCE THOSE THAT
SUPPORT THE SUMMARY STATEMENT BELOW.

CONCLUDE WITH THIS SUMMARY STATEMENT:

It seems pretty clear that the beliefs that make using drugs and alcohol seem like an okay thing to do are coming from the lower self.

Let me say that again.

Beliefs that make using drugs and alcohol seem like a good way to deal with challenges are beliefs that are coming from your lower self.

While it may seem like they are helping, those beliefs get in the way of what you really want.

Finding ways to express your higher self, especially when the going gets tough, is the only way to find contentment and fulfillment.

Exercise 4: How Can I Get Rid of Tension?
(10 minutes)

**[The purpose of this exercise is to reduce the tension that has built up in the session.
Guided imagery is the method employed.]**

It would be good to take a few minutes to relax after all that hard work.

So I'm going to take you through a brief relaxation exercise.

Just listen to what I say, and follow my instructions as closely as you can.

Here we go:

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...half way 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]

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 half way back 6...7...8...9...10.

Now slowly open your eyes.

Yawn and stretch.

Yawn and stretch. [PAUSE]

Where did you go? Where is your special place?

ENCOURAGE SHARING

How did it feel to be there?

Using the Feeling Thermometer on page XX - 100 is very uncomfortable and 0 is completely comfortable - what were your Feeling Thermometer readings?

HAVE EACH PERSON STATE WHAT THEIR COMFORT LEVELS WERE WHILE IN THEIR SPECIAL PLACE.

POINT OUT THE DIFFERENCE BETWEEN THESE READINGS AND THE “CONFRONTING BELIEF” READINGS FROM EARLIER TODAY.

Wow, notice the difference these readings are from the one's you had earlier when you were confronting your beliefs.

Now you know the way to your special place, the place where you can let go of tension or worry or bad feelings.

The road map we just used is on page XX in your workbook. You can use this to get to your special place anytime you want to.

We will return here again in the future.

Exercise 5: What's Next?
(10 minutes)

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

We started off today by reviewing thoughts and feelings that trigger drug and alcohol use.

Then we turned your attention to beliefs about using.

You discovered characteristics of your lower self and how beliefs that give permission to use as a way of coping are expressions of your lower self.

Finally, we learned a cool way to reduce tension and help us relax when we want to.

Now it's time to set some goals to work on for the next week.

For the first goal we request that each of you fill in the chart on page XX in your workbooks. Please turn there now.

This chart asks you to list three of your strongest beliefs for using drugs and/ or alcohol.

These will be just like the belief statements we looked at today, except that these will be your own personal beliefs about using.

Under each belief statement there are some smaller blanks. Here you write down the personal characteristics that each of your belief statements reflects, just like we did in today's exercise.

In case you forget, an example is given at the top of the chart. Read that and you will know how to fill in the rest of the blanks.

The next goal is for you to practice getting to that relaxing, special place you went to today.

The script on page XX will help you. Read it and then see if you can get to your special place on your own.

Try once every day until you are confident you can find your way back to your special place anytime you want to.

Any questions on the goals?

ANSWER QUESTIONS BRIEFLY.

In terms of using, please continue to fill out Drug and Alcohol Reports every time you use.

Today we are going to give you one more tool to help you appreciate any progress you are making towards reducing or eliminating substance use.

On page XX you will find a calendar that covers the time you are in this program.

At the end of each day, "X-out" that day if you were completely free from alcohol or drug use.

Let's fill the calendar out right now for the last week. Go ahead and X-out the days you didn't use anything from the [date] to the [date].

WAIT 30 SECONDS BEFORE CONTINUING.

Everyone done?

Good, don't forget to keep up with your reports and calendars every day.

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

This is also your chance to show appreciation to other group members if they said something that was helpful to you.

Just say who it was and what they said, and everyone who agrees can give them a [BEEP].

USE THE CALL ROSTER AND HAVE EVERYONE RESPOND.

**HAVE THE GROUP MEMBERS IDENTIFY BENEFITS OF PARTICIPATION.
MODEL SHOWING APPRECIATION BY ACKNOWLEDGING AND
PRAISING MEMBERS AS APPROPRIATE.**

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

Please be on time for the call.

THE END OF SESSION FOUR.