SUBSTANCE ABUSE GROUP

CURRICULUM OUTLINE

Tips on Building Self-Esteem With our Clients
Group Rules (Each Group Member Signs)
Calendar (Each Group Member Tracks their Sobriety Weekly)

WEEK 1: Do I Have an Alcohol or Drug Problem? Discussion on Various Substances
WEEK 2: Alcohol the Legal Drug
WEEK 3: Examining First Experiences with Drugs or Alcohol
WEEK 4: What Problems Have Drugs or Alcohol Caused
WEEK 5: Engaging in Knowingly Destructive Behavior (Using Despite Loss of Control)
WEEK 6: External Triggers
WEEK 7: Internal Triggers Questionnaire
WEEK 8: Trigger Chart
WEEK 9: Qualities of a Friend; Qualities of a Drug
WEEK 10: Possible Difficulties Quitting or Cutting Down
WEEK 11: Relapse Justification
WEEK 12: Relapse Justification Part 2
WEEK 13: The Wall
WEEK 14: Happiness Scale and Personal Awareness
WEEK 15: Motivation for Recovery
WEEK 16: Addictive Behavior
WEEK 17: Struggles, Values, and Drug Use
WEEK 18: What Do You Stand For?
WEEK 19: Qualities and Achievements
WEEK 20: How We Value Ourselves; Self Esteem Inventory
WEEK 21: Dealing With Anger; Recognizing and Reducing Stress
WEEK 22: Differences between Passive, Aggressive and Assertive Behavior
WEEK 23: Guilt and Shame; Discussion and Exercise
WEEK 24: Patterns of Using
WEEK 25: Our Family’s Patterns
WEEK 26: Our Role in Our Family
WEEK 27: Social Circles; Seeking and Giving Support
WEEK 28: Who am I? Exercise
WEEK 29: Difficulty Using and Difficulty Marinating Sobriety
WEEK 30: Identifying our Goals in Life
WEEK 31: Saying Goodbye to my Drug of Choice
WEEK 32: My Life if I Don’t Quit; My Life if I Do Quit