

# **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 Maintaining 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