CONTENTS

Practice Planners Series Preface		X
Preface		xvi
SECTION 1: Adult	t-Child-of-an-Alcoholic (ACA) Traits	1
Exercise 1.A	Addressing ACA Traits in Recovery	2
Exercise 1.B	Understanding Family History	6
SECTION 2: Ange	r	8
Exercise 2.A	Is My Anger Due to Feeling Threatened?	9
Exercise 2.B	Is My Anger Due to Unmet Expectations?	14
SECTION 3: Antis	ocial Behavior	17
Exercise 3.A	Benefits of Helping Others	18
Exercise 3.B	Taking Inventory of Destructive Behaviors	22
SECTION 4: Anxi	ety	24
Exercise 4.A	Anxiety Triggers and Warning Signs	25
Exercise 4.B	Coping With Stress	29
SECTION 5: Atter	ntion-Deficit/Hyperactivity Disorder (ADHD)—Adolescent	32
Exercise 5.A	Developing a Recovery Program	33
Exercise 5.B	Staying Attentive and Other Negotiating Skills	37
SECTION 6: Atter	ntion-Deficit/Hyperactivity Disorder (ADHD)—Adult	40
Exercise 6.A	From Recklessness to Calculated Risks	41
Exercise 6.B	Getting Organized	44
Exercise 6.C	Self-Soothing: Calm Down, Slow Down	47
SECTION 7: Bipol	ar Disorder	49
Exercise 7.A	Early Warning Signs of Mania/Hypomania	50
Exercise 7.B	Mania, Addiction, and Recovery	53

SECTION 8: Borderline Traits		55
Exercise 8.A	Forming Stable Relationships	56
Exercise 8.B	Seeing That We're All Just Human	60
SECTION 9: Childh	ood Trauma	62
Exercise 9.A	Corresponding With My Childhood Self	63
Exercise 9.B	Setting and Maintaining Boundaries	66
SECTION 10: Chro	nic Pain	68
Exercise 10.A	Coping With Addiction and Chronic Pain	69
Exercise 10.B	Managing Pain Without Addictive Drugs	72
SECTION 11: Cond	luct Disorder/Delinquency	75
Exercise 11.A	How Do You Do That?	76
Exercise 11.B	Trading Places	80
SECTION 12: Dang	gerousness/Lethality	83
Exercise 12.A	Anger as a Drug	84
Exercise 12.B	Managing Risk	87
SECTION 13: Depe	endent Traits	89
Exercise 13.A	Building My Support Network	90
Exercise 13.B	How Interdependent Am I?	94
SECTION 14: Eatin	g Disorders and Obesity	97
Exercise 14.A	Creating a Preliminary Eating and Health Plan	98
Exercise 14.B	Eating Patterns Self-Assessment	102
SECTION 15: Fami	ly Conflicts	104
Exercise 15.A	Creating Positive Family Rituals	105
Exercise 15.B	Identifying Conflict Themes	108
SECTION 16: Gam	bling	110
Exercise 16.A	Consequences and Benefits	111
Exercise 16.B	Understanding Nonchemical Addictions	114

SECTION 17: Grief/Loss Unresolved		116
Exercise 17.A	Am I Having Difficulty Letting Go?	117
Exercise 17.B	Moving on After Loss	120
Exercise 17.C	What Would They Want for Me?	124
SECTION 18: Impu	lsivity	126
Exercise 18.A	Handling Crisis Without Impulsivity	127
Exercise 18.B	Learning to Think Things Through	130
SECTION 19: Legal	Problems	132
Exercise 19.A	Handling Tough Situations in a Healthy Way	133
Exercise 19.B	What's Addiction Got to Do With My Problems?	137
SECTION 20: Living	g Environment Deficiency	140
Exercise 20.A	Assessing My Environment	141
Exercise 20.B	What Would My Ideal Life Look Like?	144
SECTION 21: Medi	cal Issues	147
Exercise 21.A	Coping With Addiction and Other Medical Problems	148
Exercise 21.B	Physical and Emotional Self-Care	152
SECTION 22: Narc	issistic Traits	154
Exercise 22.A	Being Genuinely Unselfish	155
Exercise 22.B	Getting Out of Myself	158
SECTION 23: Nico	tine Use/Dependence	160
Exercise 23.A	Assessing Readiness and Preparing to Quit	161
Exercise 23.B	Addressing Relapse Triggers	164
Exercise 23.C	Use of Affirmations for Change	167
SECTION 24: Obse	ssive-Compulsive Disorder (OCD)	170
Exercise 24.A	Interrupting Compulsive Thoughts and Urges	172
Exercise 24.B	Reducing Compulsive Behaviors	177
SECTION 25: Occu	ipational Problems	180
Exercise 25.A	Interest and Skill Self-Assessment	181
Exercise 25 B	Workplace Problems and Solutions	185

SECTION 26: Oppositional Defiant Behavior		187
Exercise 26.A	Analyzing Acting-Out Behavior	188
Exercise 26.B	Learning to Ask Instead of Demand	191
SECTION 27: Parer	nt-Child Relational Problem	194
Exercise 27.A	Am I Teaching My Child Addictive Patterns?	195
Exercise 27.B	What Do I Want for My Children?	198
SECTION 28: Partn	ner Relational Conflicts	201
Exercise 28.A	Communication Skills	202
Exercise 28.B	Relationship Assessment	207
SECTION 29: Peer	Group Negativity	209
Exercise 29.A	Creating Recovery Peer Support	210
Exercise 29.B	What Do I Need and How Do I Get It?	213
SECTION 30: Postt	raumatic Stress Disorder (PTSD)	215
Exercise 30.A	Coping With Addiction and PTSD or Other Anxiety Disorders	216
Exercise 30.B	Safe and Peaceful Place Meditation	220
SECTION 31: Psych	ıosis	222
Exercise 31.A	Coping With Addiction and Schizophrenia Spectrum Disorders	223
Exercise 31.B	Planning a Stable Life	227
SECTION 32: Relap	ose Proneness	229
Exercise 32.A	Early Warning Signs of Relapse	230
Exercise 32.B	Identifying Relapse Triggers and Cues	233
Exercise 32.C	Relapse Prevention Planning	237
SECTION 33: Self-C	Care Deficit as a Primary Problem	240
Exercise 33.A	Assessing Self-Care Deficits	241
Exercise 33.B	Relating Self-Care Deficits to My Addiction	245
SECTION 34: Self-C	Care Deficit as a Secondary Problem	247
Exercise 34.A	Filling in Self-Care Gaps	248
Exercise 34.B	Working Toward Interdependence	251

SECTION 35: Self-Harm		253
Exercise 35.A	Understanding Self-Harm and Addiction	254
Exercise 35.B	Self-Harm Risk Factors, Triggers, and Early	
	Warning Signs	257
SECTION 36: Sexua	al Abuse	259
Exercise 36.A	It Wasn't My Fault	261
Exercise 36.B	Internal and External Resources for Safety	265
SECTION 37: Sexua	al Promiscuity	267
Exercise 37.A	Is It Romance or Is It Fear?	268
Exercise 37.B	Working Through Shame	272
SECTION 38: Sleep	Disturbance	274
Exercise 38.A	Assessing Sleep Problems	275
Exercise 38.B	Improving Sleep Hygiene	278
SECTION 39: Socia	l Anxiety	279
Exercise 39.A	Understanding Thoughts, Worries, and Fears	281
Exercise 39.B	Action Plan to Address Social Anxiety	285
SECTION 40: Spirit	cual Confusion	288
Exercise 40.A	Understanding Spirituality	289
Exercise 40.B	Finding a Higher Power That Makes Sense	292
SECTION 41: Subst	ance-Induced Disorders	294
Exercise 41.A	Using My Support Network	296
Exercise 41.B	Exploring Treatment and Recovery Options	299
SECTION 42: Subst	ance Intoxication/Withdrawal	301
Exercise 42.A	Coping With Post-Acute Withdrawal (PAW)	302
Exercise 42.B	Using Books and Other Media Resources	305
SECTION 43: Subst	ance Use Disorders	307
Exercise 43.A	Consequences of Continuing Addictive Lifestyles	308
Exercise 43.B	Alternatives to Addictive Behavior	311
Exercise 43.C	Personal Recovery Planning	314
Exercise 43 D	Taking Daily Inventory	319

Exercise 43.E	Making Change Happen	322
Exercise 43.F	Balancing Recovery, Family, and Work	326
SECTION 44: Suici	dal Ideation	329
Exercise 44.A	Problem Solving and Safety Planning	330
Exercise 44.B	Why Do I Matter and Who Cares?	334
SECTION 45: Treat	ment Resistance	336
Exercise 45.A	Addressing Readiness and Motivation	337
Exercise 45.B	Problem Identification: Is It Addiction?	340
SECTION 46: Unip	olar Depression	343
Exercise 46.A	Correcting Distorted Thinking	344
Exercise 46.B	Gratitude	348
APPENDIX A:	Alternate Assignments for Presenting Problems	350
APPENDIX B:	Suggested Bibliotherapy	371
APPENDIX C:	Alphabetical Index of Exercises	384
About the Authors		387
About the CD-ROM		388
Downloadable	CD material at http://booksupport.wilev.com	388