

COMPANION VOLUME

# Materials and Handouts

Worksheets, cards and templates for the  
Integrated Residential Treatment Curriculum

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*Recovering Addict and Pedagogue*

Every sheet is keyed to its session in the facilitator manual.

Photocopy freely for clients in this program.

Most of what is in here is yours to keep.

# What is in this booklet

## Arrival Block

- 0.1 Where You Are Right Now
- 0.1 Decisional Balance
- 0.1 My Change Sentence

## Track 1: Cognitive Behavioral Therapy

- 1.1 Four-Point Episode Worksheet
- 1.1 Thought or Feeling? Sort Cards
- 1.2 Cognitive Distortions Reference Card
- 1.2 Play the Tape Forward
- 1.3 Five-Column Thought Record
- 1.3 Worked Example: Day 11
- 1.4 Downward Arrow
- 1.4 Evidence Log
- 1.5 Weekly Activity Schedule
- 1.5 Behavioral Experiment

## Track 2: Dialectical Behavior Therapy

- 2.1 States of Mind
- 2.1 Dialectical Abstinence Card
- 2.2 Observation and Interpretation
- 2.3 Pros and Cons of Acting on the Urge
- 2.3 Crisis Survival Kit Checklist
- 2.3 Paced Breathing Card
- 2.4 Model of an Emotion
- 2.4 Check the Facts
- 2.4 Opposite Action Card
- 2.4 PLEASE Planning Sheet
- 2.5 DEAR MAN / GIVE / FAST Card
- 2.5 DEAR MAN Script
- 2.5 Role-Play Prompt Cards
- 2.6 Behavioral Chain Analysis
- 2.6 Missing Links Card

## Track 3: Acceptance and Commitment Therapy

- 3.1 The Hexaflex, Annotated
- 3.1 Stuck-Moment Sort
- 3.1 Flexibility Map
- 3.2 Control Strategy Worksheet
- 3.2 Defusion Menu Card
- 3.3 Values: Domains Inventory
- 3.3 Values Card Sort
- 3.3 Values Compass
- 3.4 30-Day Committed Action Plan

### **3.5** Grief Letter

## **Track 4: Trauma-Informed and Somatic Practice**

- 4.1** My Window of Tolerance
- 4.1** Early Warning Cards
- 4.2** Grounding Menu
- 4.2** Personal Grounding Card
- 4.3** The Eight Phases of EMDR
- 4.3** Readiness Self-Rating
- 4.4** Breath Pattern Cards
- 4.4** My Two-Pattern Breath Protocol
- 4.5** Daily Movement Routine

## **Track 5: Medical, Neurobiological and Nursing Education**

- 5.1** The Reward Pathway
- 5.1** Craving Map
- 5.2** Comparative Withdrawal
- 5.2** 90-Day Symptom Timeline
- 5.3** Medications for Addiction Treatment
- 5.3** Medication Continuity Plan
- 5.4** Seven-Day Sleep Diary
- 5.4** Sleep Protocol Contract
- 5.5** Nutrition and Movement Plan
- 5.5** Overdose Safety Plan

## **Track 6: Interpersonal Dynamics and Family Systems**

- 6.1** Family Roles
- 6.1** Enabling, Supporting, Abandoning
- 6.2** Boundary Continuum
- 6.2** Boundary Statements
- 6.3** Communication Styles
- 6.3** I-Statements
- 6.3** Refusal Scripts
- 6.4** The Drama Triangle
- 6.4** Conflict Map

## **Track 7: Recovery Pathways and Community**

- 7.1** Pathways Compared
- 7.1** Four-Week Sampling Plan
- 7.2** My Definition of Recovery
- 7.2** Lapse Response Card
- 7.3** Recovery Capital Inventory
- 7.3** Contact Chain
- 7.4** The ASAM Continuum
- 7.4** Recovery Residence Checklist
- 7.4** Continuing Care Plan

## **Track 8: Expressive and Narrative Therapies**

- 8.1 The Recovery Mask: Reflection Sheet
- 8.2 Playlist Worksheet
- 8.2 Quarantine List
- 8.3 Journaling Prompt Card
- 8.3 Expressive Writing Log
- 8.4 Six-Chapter Narrative
- 8.4 Externalization Worksheet
- 8.4 Unique Outcome Cards

### Part III: Relapse Prevention and Integration

- 9.1 HALT Action Matrix
- 9.1 Daily Inventory Card
- 9.2 Backward Reconstruction
- 9.2 Warning Sign Checklist
- 9.3 High-Risk Situation Matrix
- 9.3 90-Day Calendar
- 9.4 Emergency Relapse Prevention Plan: Part 1
- 9.4 Emergency Relapse Prevention Plan: Part 2
- 9.4 Emergency Relapse Prevention Plan: Part 3

## SECTION

# Arrival Block

Nobody arrives certain. These first sheets are about telling the truth to yourself, which is harder and more useful than telling it to anyone else.

3 sheets in this section

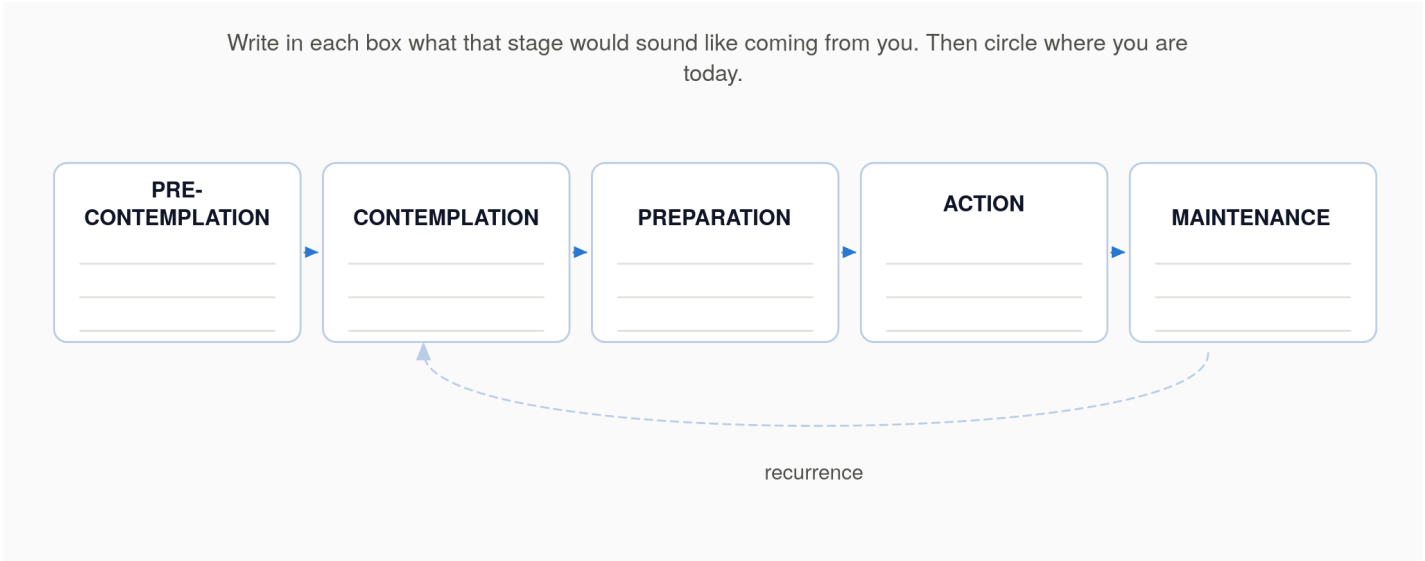
# Where You Are Right Now

Nobody grades this and it does not go in your chart. Most people are somewhere in the middle, and the middle is where nearly everybody actually is.

NAME

DATE

GROUP



Pick one behavior. Write it here.

| Which stage am I in for this, today? | What would somebody who knows me well say? | What would have to be different for me to move one step? |
|--------------------------------------|--------------------------------------------|----------------------------------------------------------|
|                                      |                                            |                                                          |

Now pick a second behavior, one that has nothing to do with substances

| The behavior | My stage for it | Why is it different? |
|--------------|-----------------|----------------------|
|              |                 |                      |
|              |                 |                      |

# Decisional Balance

All four boxes, filled in honestly. Nobody is going to argue with the left-hand column, including the facilitator.

NAME

DATE

GROUP

The two boxes people skip are the bottom two. Those are the ones worth the time.

| REASONS TO KEEP USING |  | REASONS TO CHANGE |
|-----------------------|--|-------------------|
| WHAT I GET            |  |                   |
| WHAT IT COSTS         |  |                   |

**DO NOT SKIP THIS ONE**

The bottom right box is what changing will cost you: a social circle, an identity, long evenings, and a reliable way of handling feelings taken away before a replacement exists. Naming those now makes them much harder to be ambushed by in month two.

# My Change Sentence

One line, in your words, that you can actually believe today. Cut it out and keep it.

NAME

DATE

GROUP

*A modest sentence that is true beats an ambitious one that is not, because the ambitious one stops working the first time it gets tested.*

## THE STRONGEST REASON I HAVE

In my own words, not anyone else's:

---

---

---

---

## WHEN I ARGUE WITH IT

What the argument usually sounds like:

---

---

---

---

## WHO I TOLD

Name:

What they said back:

---

---

---

## CHECK BACK

Date:

Do I still believe it? What changed?

---

---

---



SECTION

# Track 1: Cognitive Behavioral Therapy

Your thoughts are not facts and they are not orders. These sheets teach you to catch one, slow it down, and check it against the evidence.

10 sheets in this section

# Four-Point Episode Worksheet

Take one real episode from the last two days and separate it into its four parts. Facts only, the kind a camera would have caught.

NAME

DATE

GROUP

Pick something small and recent. Not the worst thing that ever happened to you.

THE SITUATION. What happened, observably? Where were you, what time, who else was there?

| THOUGHT: the words that arrived | EMOTION: name it, rate 0-100 | BODY: what you felt, where | BEHAVIOR: what you did next |
|---------------------------------|------------------------------|----------------------------|-----------------------------|
|                                 |                              |                            |                             |
|                                 |                              |                            |                             |
|                                 |                              |                            |                             |
|                                 |                              |                            |                             |

Which point would have been easiest to change?

REMEMBER

The four points drive each other, so changing any one of them moves the whole system. You do not have to start with the thought.

# Thought or Feeling? Sort Cards

Cut along the dashed lines. In pairs, sort each card into THOUGHT or FEELING, then check your answers with the group.

NAME

DATE

GROUP

*A feeling is one word. Anything longer is a thought wearing a feeling's clothes.*

**"I feel like a loser."**

thought or feeling?

**"Ashamed."**

thought or feeling?

**"I feel like nobody here gets it."**

thought or feeling?

**"Angry."**

thought or feeling?

**"I feel that she was out of line."**

thought or feeling?

**"Scared."**

thought or feeling?

**"I feel like using."**

thought or feeling?

**"Lonely."**

thought or feeling?

**"I feel like this isn't working."**

thought or feeling?

**"Relieved."**

thought or feeling?

# Cognitive Distortions Reference Card

Cut and keep. These are habits of processing, not lies and not delusions. Naming one is not the same as being wrong about everything.

NAME

DATE

GROUP

**All-or-nothing thinking**

Collapses a continuum into two categories.

"I drank Tuesday, so the whole month is blown."

**Catastrophizing**

Runs to the worst outcome and stops there.

"If I tell my counsellor, I lose my kids."

**Emotional reasoning**

Treats a feeling as evidence about the world.

"I feel like I'll never get sober, so I won't."

**Mind reading**

Assumes you know what somebody else thinks.

"Everyone in this group thinks I'm faking it."

**Discounting the positive**

Deletes disconfirming evidence to protect the belief.

"Eleven days is nothing. Anyone can do eleven days."

**Overgeneralization**

Turns one instance into an always.

"Every time I get close to someone, they leave."

**Should statements**

Applies a rule and charges shame for the gap.

"I should be over this by now. I should want it more."

**Labeling**

Converts a behavior into an identity.

"I didn't relapse. I'm a junkie. That's what we do."

# Play the Tape Forward

Euphoric recall stops the tape at the good twenty minutes. Run it to the end, in writing, before you need it.

NAME

DATE

GROUP

Write the whole sequence in the present tense, as if it is happening now.

| THE GOOD PART. The first twenty minutes, honestly. | THE NEXT SIX HOURS. | THE NEXT MORNING. | DAY THREE. |
|----------------------------------------------------|---------------------|-------------------|------------|
|                                                    |                     |                   |            |

Your permission-giving sentence: the one line your mind uses to open the door

Your counter-move: what you will do in the ninety seconds after you hear it

# Five-Column Thought Record

The portable procedure. Columns 1 to 3 are observation. Column 4 is the work. Column 5 is the product.

NAME

DATE

GROUP

| 1. Situation<br>Time, place, people,<br>event | 2. Automatic thought<br>The exact sentence, plus<br>belief 0-100 | 3. Emotion<br>One word each, 0-100,<br>plus body and urge | 4. Evidence<br>For, and against | 5. Balanced alternative<br>What survives both<br>columns, re-rate belief |
|-----------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------|--------------------------------------------------------------------------|
|                                               |                                                                  |                                                           |                                 |                                                                          |
|                                               |                                                                  |                                                           |                                 |                                                                          |
|                                               |                                                                  |                                                           |                                 |                                                                          |
|                                               |                                                                  |                                                           |                                 |                                                                          |

**DO NOT SKIP**

If your balanced alternative rates under 50, it is not believable to you yet. Go back to column 4 and find the evidence that is actually missing.