


I'm not robot  reCAPTCHA

I'm not robot!

Substance abuse group worksheets

Substance abuse group activities. Substance abuse group topics. Free substance abuse group therapy worksheets. Substance abuse group worksheets for adults. Substance abuse group rules. Substance abuse group activity worksheets. Substance abuse group worksheets pdf. Substance abuse group topics and activities.

50 free mental health worksheets for self-help or clinical tools for therapists. (Updated 6/27/23) This is a list of 50+ mental health worksheets, handouts, forms, and more for substance use, mental health, and wellness. Please repost and share with anyone who might benefit! New resources are added on a regular basis. For more free downloads, click here for a list of PDF workbooks, manuals, and self-help guides. For free mental health worksheets and resources from other sites, check out TherapistAid, GetSelfHelpUK, and Taking the Escalator. 15 Tips for Dealing with Challenges in Group TherapyPDF Discussion Questions for Multifamily GroupsPDF Discussion Topics for Substance Abuse GroupsPDF Questions to Explore Values-Ideas-BeliefsPDF 5-Minute AutobiographyPDF Good for newly formed groups. Each group member writes down their "first impression" of other group members. The facilitator then reviews each "impression," and group members have the opportunity to share their answers. Icebreaker Question CardsPDF Print/cut the cards, fold, and place in a container. Group members take turns drawing the cards and answering the questions. Give group members 15-20 minutes to collect signatures. The first person to collect all signatures wins. Recovery Question CardsPDF Print/cut the cards, fold, and place in a container to pass around. This activity works best with a working group. 12-Step Recovery GroupsPDF 25 Examples of DialecticsPDF 25 Journal Prompts for Self-DiscoveryPDF Journal Prompts (from The Sober Survival Guide)PDF Resources for Suicide Prevention & RecoveryPDF Uncommon Grief ExperiencesPDF Unconventional Coping SkillsPDF Workout Plans-Beginner & IntermediatePDF 6 Dimensions of GratitudePDF 30-Day Random-Acts-of-Kindness ChallengePDF Consequences of AddictionPDF Daily Affirmations for Self-LovePDF Leisure-Wellness-Spirituality in RecoveryPDF Life Areas for Goal DevelopmentPDF Managing Relapse TriggersPDF Relapse Prevention PlanPDF Resisting Temptation in RecoveryPDF Self-Care in ColorsPDF Self-Discovery AssignmentPDF Shifting Motivations in RecoveryPDF Today I'm Feeling (Feelings List)PDF Treatment Planning Worksheetpdf What Do I Have Control Over?pdf What Led Up to My Last Relapse-A Relapse NarrativePDF COPING WITH LOSS Workbookpdf Staying Sober Without God-Companion Workbookpdf Daily Self-Inventory for Mental Health Professionals Free Coloring Pages for Adults 20 Check-In Ideas for Therapypdf Case Presentation Templatepdf Therapeutic Interventionspdf Group Supervision Log-Supervisor Versionpdf Self-Care Assessment worksheet Grounding Exercise interactive Strengths Exploration worksheet Cognitive Distortions worksheet Anger Iceberg worksheet Worry Bugs interactive Boundaries Info Sheet worksheet Coping Skills: Anxiety worksheet What is the Cycle of Anxiety? video The SMART Recovery Toolbox provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. This collection of sensible tools is based on developing cognitive thinking skills to support you through addiction recovery.

THE TOOL: Change Plan Worksheet	
EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?	
<input checked="" type="checkbox"/> Building Motivation <input type="checkbox"/> Coping with Urges <input type="checkbox"/> Problem Solving <input type="checkbox"/> Lifestyle Balance	
EQUIPMENT REQUIRED: Distribute a copy of this sheet to group members to help them to document their personal change plan.	
1. The changes I want to make are:	
2. The most important reasons why I want to make these changes are:	
3. The steps I plan to take in changing are:	
4. The ways other people can help me are: Person Possible ways to help me	
5. I will know that my plan is working if:	
6. Some things that could interfere with my plans are:	
7. How important is it that you make this change: Not at all important 0 1 2 3 4 5 6 7 8 9 10 Most important	
8. How confident are you that you can make this change?	
Acknowledgment: Thanks to team member Dr. Henry Sarnberger	
SMART Recovery®	www.smartrecovery.org info@smartrecovery.org

Participant Toolbox Family & Friends Toolbox Click here to visit our new Family & Friends Toolbox SMART Interactive Tools CheckUp and Choices - A SMART Recovery-based online program (Premium Offering) TIPS & TOOLS for RECOVERY that WORKS! The Hierarchy of Values Tool (HOV) - TIPS & TOOLS for RECOVERY that WORKS Proudly Produced by RECOVERY TV Developed by SMART Recovery Founder Dr. Joe Gerstein, the Hierarchy of Values Exercise, or HOV tool can help anyone build and maintain their motivation to stay ...on track in their recovery. What do you value most in life? And is addiction on the list? Starring Ted Perkins.[+] Show More Cost Benefit Analysis (CBA) - TIPS & TOOLS for RECOVERY that WORKS Proudly Produced by RECOVERY TV Check out how to use SMART Recovery's tool: The COST/BENEFIT ANALYSIS or C.B.A. It's a great way to take a good hard, honest look ...at what the real risk/reward profile of your behaviors really are, and then make sound decisions accordingly. Starring Ted Perkins. More info at: [+] Show More ADVANCED Urge Strategies Part 1 - Tips & Tools for Recovery That Works SMART Recovery Activities Scale (SRAS) Activities Self-Assessment (participants) Activities Assessment (professionals) Listen to the SRAS Podcast with Dr. Donald Meichenbaum and Dr. Julie Myers (1hr:1m) Encyclopedia of Rational Coping Statements and Disputations Relapse Prevention Additional Homework See Also Links Articles and Essays Suggested Reading List News & Views Newsletters SMART Recovery Dictionary 漏 SMART Recovery 2018 - Reproductions permissible for SMART Recovery/related activities. Featured Substance Use ToolsPage 2Featured Substance Use ToolsPage 3Featured Substance Use Tools