

ACTIVITY

Risk factor: pleasant emotions #4

Cyrus is looking forward to Friday evening. For him, weekends are for partying, and he's always ready to go. By the time the weekend comes around, he's already feeling good, and he's sure that soon he will feel even better. It's easy to see how being around other people who are drinking or partying can be a risk factor. Of course, there's a need inside which drives many of us to feel the need to be with a bunch of other people and lose control a little.

Has this kind of thing ever described you? _____ How often? _____

As you looked forward to these events, what were you thinking? What sorts of things did you say to yourself?

Some people say they couldn't really enjoy themselves at a party or similar event without getting a little buzzed or high. How does that describe your old thinking? What sorts of things did you say to yourself?

What are the plusses of doing this?

What are the minuses? What are some of the most likely costs or consequences of this behavior? How is this likely to work out in the long run?

Imagine that you're in a position to party like this in the future. What would you be thinking that would make this very tempting? *This is a key factor for your relapse in the future.*

You know it would be a bad idea to do this. So what skills will you use - at that point?

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|--|--|--------------------------------------|--|
| <input type="checkbox"/> Stop-Think-Act | <input type="checkbox"/> Avoid | <input type="checkbox"/> Escape | <input type="checkbox"/> Refusal Skills |
| <input type="checkbox"/> Thought Stopping | <input type="checkbox"/> Thought Switching | <input type="checkbox"/> Breathing | <input type="checkbox"/> Muscle Relaxation |
| <input type="checkbox"/> Creative Visualization | <input type="checkbox"/> Self-Soothing | <input type="checkbox"/> Distraction | <input type="checkbox"/> Anger Skills |
| <input type="checkbox"/> Drawing a line you will <u>not</u> cross! | | | |

What's the best way for you? What are your best options? What will you do afterwards? How can you reward yourself for making a good decision?

Skill practice:

- What skills will be most effective?
- Skill practice activity: under the guidance of the instructor or counselor, practice the specific skills.*

* Note to the program leader: at this point, please use one of the techniques in the Skills Practice Model.