

DEPENDENCIES		
Packet	Contents	Description of Contents
SD5: Understanding your dependencies	Understanding your dependencies	Examines addictions and multiple dependencies and explains chronic nature of dependencies. Addresses denial issues and helps participants begin to focus their recovery.
	Some of our life's experiences (AODA)	Identifies specific risk factors - and how they influence current decisions. It provides the opportunity to evaluate positive and negative outcomes from different choices. The lesson also asks participants to evaluate their choices and the outcomes from a range of their own life experiences.
SA1e: Your Pattern or Cycle	Self-awareness: preventing relapse by increasing your sensitivity to your pattern or cycle	Provides basic vocabulary for substance abuse treatment. Explains typical patterns of dependencies and relapse. Guides participants to examine past use and stages in personal relapse "cycle." Participants identify vulnerabilities, specific triggers to past difficulties, and "stinking thinking" (about self, about other people, not being realistic, negative thinking about the future, etc.).
SA2: Examine Your Pattern or Cycle in Detail	Self-awareness: examining your pattern or cycle in detail	Participants explore how feelings of discomfort have been dealt with, how isolation may have been a contributing factor in past difficulties, typical patterns of "build up" toward relapse, the need for control of uncomfortable feelings, and steps taken in the past to achieve that feeling of control, and how they began to plan or "set themselves up" for relapse. Additionally, participants describe the specific temptations experienced in various categories, their most common harmful behaviors or dependencies, their thinking, feelings, and behavior after relapse, and issues resulting from relapse.