

# Success Plan Sample

The following document is a sample Success Plan to assist facilitators in their efforts to guide group members in the completion of their personal Success Plan. The 8 Steps to Building a Success Plan are represented in this packet. For each Lifestyle Factor identified during the course of the program, the group member lists potential High Risk Situations. For each of these possible risky situations, the group member is required to identify the replacement thinking that would reduce risk. In addition, the new behavior or skill that relates to this new thinking is likewise indicated. The remainder of the steps includes the identification of lifestyle factors that will support ongoing success in eliminating substance abuse. These include an increase in positive activities, utilization of supportive people, and integration of the changes they made in the group in their day-to-day life.

Prior to successful completion of the group, each member presents their Success Plan to their group. The group member reviews their Lifestyle Factors and High Risk Situations and selects the situation they believe is the highest risk. The replacement thinking and skill(s) are used to manage this situation, are shared and practiced with the group. This practice is more challenging than traditionally used in the group. Members are encouraged to increase the degree of difficulty for the group member in this practice.

Group members will leave the group with a comprehensive plan to support their ongoing change process. Additional risky situations will emerge as the group member leaves the group. Facilitators should encourage group members to respond to these new risk situations as they have throughout the group using new skills and new thinking. It is highly recommended that an aftercare component be utilized to afford group member's additional support and structured practice as they transition from the group.

## Acknowledgement

UCCI wishes to acknowledge and thank the Kansas Department of Corrections for their conscientious implementation of the CBI-SA curriculum. Their feedback and suggestions over the last several years has been instrumental in refining and improving the curriculum materials and training process.

We would like to express a special thanks to the KDOC group member who contributed his Success Plan to UCCI as the foundation for this Sample Success Plan.

## Step 1 – Identifying Life History and Lifestyle Factors

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify both life history and lifestyle factors that have influenced your risk to engage in substance abuse.*

A. List LIFE HISTORY factors (*things that have happened to you in your life*) that have influenced your substance abuse.

Dad was never satisfied with what I did

Divorce

Poverty

Never had many friends

Bad relationship ended when my son was young

Felony convictions in the past

B. List LIFESTYLE factors (*what you do in your spare time, who you hang out with, how you do at work in school, where you live etc.*) that have influenced your substance abuse.

Living life in the fast lane

Loving drugs

Having friends who get high

Boredom

Dating

Celebrations involve partying

Conflicts with family

Difficulty getting ahead because of criminal background

## Step 2 – Recognizing High-Risk Situations

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Current Lifestyle Factors:

1. Living life in the fast lane

2. Loving drugs

3. Having friends who get high

4. Boredom/Negative Emotions

5. Dating

### High-Risk Situations:

1. I have a pocket full of money and I want to roll around town

2. Received my bank statement and got more money from tax refund than expected

3. \_\_\_\_\_

1. Just got paid and want to get high

2. \_\_\_\_\_

3. \_\_\_\_\_

1. Neighbor comes over with dope and wants me to smoke

2. Shopping at Wal-Mart and run into an Old using buddy with dope

3. \_\_\_\_\_

1. Friday night and nothing to do

2. Thinking about a lot of situations not going my way and feeling angry

3. The clinic took \$2 from me when I Wanted to sign a refusal and I got angry

1. On a date and she pulls out a bag of dope

2. Girlfriend breaks it off

3. \_\_\_\_\_

## Step 2 – Recognizing High-Risk Situations

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Current Lifestyle Factors:

1. Celebrations involve partying  
\_\_\_\_\_



### High-Risk Situations:

1. Home team wins the championship and friends want to go to the bar  
\_\_\_\_\_
2. I just got hired on to a good job  
\_\_\_\_\_
3. Just rented by own place and moved in  
\_\_\_\_\_

2. Conflicts with family or about family  
\_\_\_\_\_



1. Get into arguments over money for the kids  
\_\_\_\_\_
2. I run into a guy that beat up my son  
\_\_\_\_\_
3. I lost my job and my dad told me I would never amount to anything  
\_\_\_\_\_
4. I had an argument with my son over a bad grade and said things that hurt him  
\_\_\_\_\_

3. Difficulty getting ahead because of criminal background  
\_\_\_\_\_

1. I get rejected from a job due to a felony record  
\_\_\_\_\_
2. Landlord won't rent to me due to felony background  
\_\_\_\_\_
3. Lost my dream job after telling them about getting a DUI  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_



1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_



1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

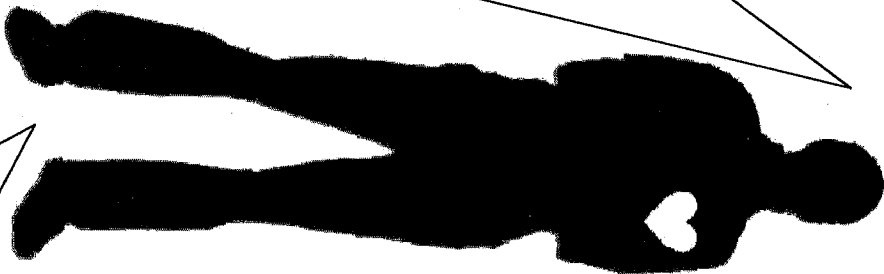
I got a pocket full of money and friends want to roll around town

## THOUGHTS

Hell yeah! Let the good times roll!  
Cool, I got money and can get some dope  
I wonder who can hook me up  
I might get lucky, too  
I can almost feel the high  
Let's go!

## FEELINGS

Excited  
Happy  
Curious  
Anticipating  
Craving



## ACTIONS

Go get high and pick up a girl for sex

## CONSEQUENCES

**+**  
Had a great time  
Got laid and high  
Didn't get caught  
Friends had fun, too

**-**  
Spent all my money  
Missed work the next day  
Couldn't pay bills  
In trouble at work  
The girl is calling me

# BEHAVIOR CHAIN

## SITUATION

I got a pocket full of money and friends want to roll around town

## THOUGHTS

I really want to go have a good time with them, but this is risky

I have to watch that I don't blow my money again

I want to get high and laid, but it's not worth losing my job

I want to make a decision that I can be proud of

I'm not going!

## FEELINGS

Reminiscent

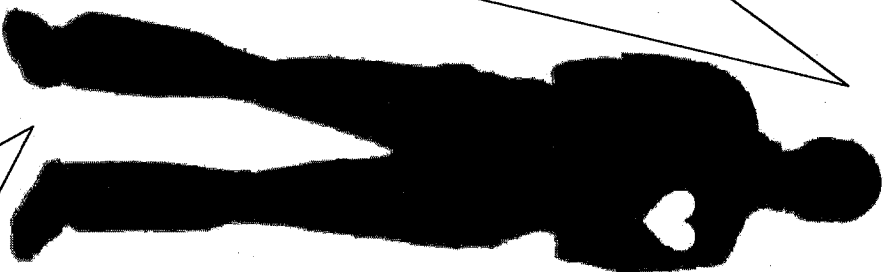
Worried

Concerned

Disappointed

Proud

Determined



## ACTIONS

Turn down the invitation

## CONSEQUENCES

**+**

Still have my money

Can pay my rent

Went to work and earned more money

Proud of my decision

Stayed out of trouble

Friends didn't get to spend my money

**-**

Didn't get high or laid

Feel bored and resentful

Friends were mad

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** I got a pocket full of money and friends want to roll around town

### A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Remembering consequences
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Dealing with Peer Pressure

Steps:

- 1) Decide if you are in a risky situation
- 2) Decide how you could best manage the situation
- 3) Tell the other people what you decided
- 4) Suggest another activity that is not risky for you
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with Urges

Steps:

- 1) Identify what risky situation is triggering your urge to use
- 2) Identify your thoughts about the situation
- 3) Tune in to your body and identify your feelings and physical sensations
- 4) Choose 1 or more strategies for dealing with your urge and do it
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

Received my bank statement and got more money from tax refund than expected

## THOUGHTS

Oh hell yeah!  
I know a guy with good dope  
I should pay towards my back rent  
Hell no, this was money I shouldn't have  
It's mine to play with  
Maybe I'll make more by going to the boats  
My luck is running hot

## FEELINGS

Excited  
Responsible  
Happy  
Lucky

## ACTIONS

Go to boats to gamble and get high

## CONSEQUENCES

+

Had a fun time with extra money

Got high on some good dope

—

Stayed behind on rent

Blew more money than the extra cash

Will need to borrow money to pay rent

Feel guilty

Blew my sobriety

Disappointed

# BEHAVIOR CHAIN

## SITUATION

Received my bank statement and got more money from tax refund than expected

## THOUGHTS

Oh hell yeah!  
In the old days I would have blown this money  
I'm going to pay on the rent  
I'm also going to spend a little for me  
I've been working hard and deserve a treat  
I'm going to plan a fishing trip

## FEELINGS

Excited  
Responsible  
Proud  
Happy



## ACTIONS

Pay rent and plan a fishing trip with brother

## CONSEQUENCES

**+**  
Feel proud of myself  
Looking forward to a sober and fun trip with brother  
Paid part of rent  
Surprised the landlord in a positive way

**-**

Missed a great time partying with extra money

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Received bank statement and got more money than I thought I did

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Using self-control

Steps:

- 1) Pay attention to your body language and physical sensations that lead to losing control
- 2) Pay attention to your risky thoughts
- 3) Think about different self-control strategies
- 4) Choose the best self-control strategy and do it
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Celebrating a positive event

Steps:

- 1) Decide if the situation is something you want to celebrate
- 2) Choose a healthy reward that supports your goal
- 3) Reward yourself
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

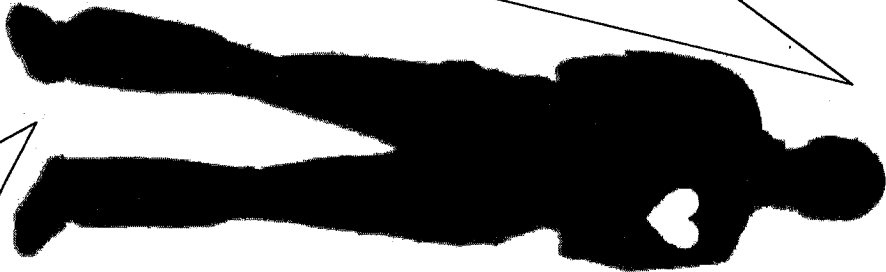
Just got paid and I have a pocket full of money

## THOUGHTS

I love payday!  
Gonna get high!  
Gonna take my girl to the boats  
Damn, got to pay rent  
I can be a week late  
I'll just buy a batch and sell it  
I can't wait to get high  
It's gonna be a great weekend!

## FEELINGS

Excited  
Craving  
Happy  
Disappointed  
Relief  
Powerful  
Anticipation  
Eager



## ACTIONS

Bought dope and binged all weekend

## CONSEQUENCES

**+**  
Got real high  
Got laid  
Had fun

**-**  
Late on rent  
Ruined budget  
Got depressed  
Spent my whole paycheck  
Used all the dope  
Had to steal to make up for it

# BEHAVIOR CHAIN

## SITUATION

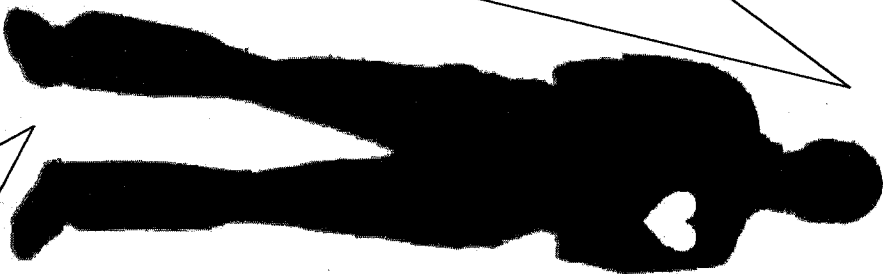
Just got paid and I have a pocket full of money

## THOUGHTS

I love payday!  
 I want to have some fun  
 I also want to stay out of trouble  
 I need to be responsible and pay the rent  
 I will have enough left over to take my girl to the show  
 I'm proud that I'm doing well and not blowing my money

## FEELINGS

Excited  
 Eager  
 Responsible  
 Mature  
 Satisfied  
 Proud  
 Relieved



## ACTIONS

Pay rent and take girl to show

## CONSEQUENCES

**+**  
 Had a nice time  
 Got laid 2x  
 Stayed on a budget  
 Paid my rent  
 Feel proud and secure  
 Avoided trouble

**-**  
 Had to fight temptation  
 Didn't go to the boats  
 Didn't get high  
 Had to avoid friends

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Got a poclet full of money and friends want to roll around town

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Deiciding to say "no"

Steps:

- 1) Decide if the situation is risky for you
- 2) Think about different ways to say "no"
- 3) Choose the best way to say "no" in the situation and do it
- 4) If appropriate, suggest other things to do that are not risky
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with peer pressure

Steps:

- 1) Decide if you are in a risky situation
- 2) Decide how you could manage the situation
- 3) Tell the other people what you decided
- 4) Suggest another activity that is not risky for you
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

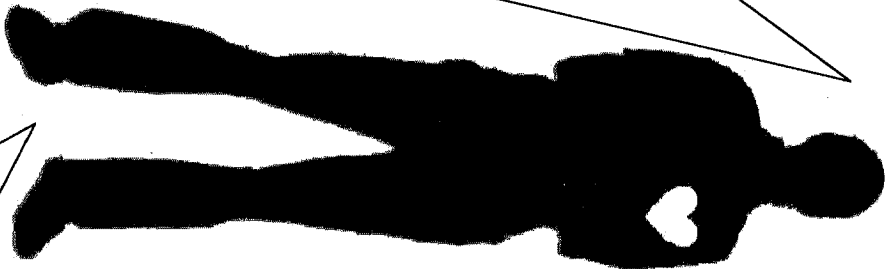
My neighbor came over with a big bag of meth and asked me to get high

## THOUGHTS

Hell yes, let's get high!  
Fuck! I got a P.O. appointment tomorrow!  
I can call in sick  
I did that last week  
Oh well, he won't violate me  
Damn, that's a bog ol' shard  
I got a clean one, too  
Fuck it, let's do this

## FEELINGS

Excited  
Nervous  
Devious  
Grandiose  
Happy  
Resolved



## ACTIONS

Got high

## CONSEQUENCES

+

Satisfied  
More energy  
Caught up on house cleaning  
Had fun with neighbor  
Had a long talk with kids

—

Depressed the next day  
Dirty UA  
Extra P.O. appointments  
Started another binge  
Withdrew from family  
Missed work  
Disappointed in myself

# BEHAVIOR CHAIN

## SITUATION

My neighbor came over with a big bag of meth and asked me to get high

## THOUGHTS

I really want to get high with him  
 I can't. I got a P.O. appointment tomorrow  
 If I get high now, I won't stop and I will mess up my probation  
 I've been doing well and I don't want to blow it  
 I can handle this craving—It's nowhere near the as bad as the crash I'll have tomorrow morning  
 I gotta get away from him

## FEELINGS

Excited  
 Irritated  
 Resigned  
 Committed  
 Confident  
 Resolved



## ACTIONS

Tell my neighbor to leave and talk to my kids

## CONSEQUENCES

+

Avoided trouble with P.O. and possible violation  
 Proud of myself for being string  
 Maintain my clean time  
 Able to go to work and take care of my family

-

Neighbor gets mad  
 Miss out on a free high

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** My neighbor comes over, has a bag of dope, and asks me to smoke

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Deciding to say "no"

Steps:

- 1) Decide if the situation is risky for you
- 2) Think about different ways to say "no"
- 3) Choose the best way to say "no"
- 4) If appropriate, suggest other things to do that are not risky
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Communicating your needs

Steps:

- 1) Choose a time and place where everyone is calm
- 2) Ask the person's permission to have a conversation
- 3) If the person agrees, objectively describe the situation, and then state your own thoughts and feelings
- 4) Make your request, allowing the other person to accept or decline
- 5) Thank the person for listening to you
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

Shopping at Wal-mart  
and I run into a buddy  
who has dope

## THOUGHTS

Every single time I try  
to get clean, dope  
always finds me

Could really use a hit

Maybe just once

I wonder how good it  
is

I can't pass up on free  
dope

It's not that big of a  
deal

## FEELINGS

Frustrated  
Craving  
Excited  
Curious  
Eager  
Relieved

## ACTIONS

Got high with buddy

## CONSEQUENCES

**+**

I got a free high

Relived old times with  
buddy

Didn't get caught

**-**

Risked my freedom

Could have lost  
everything

On a run again

My buddy keeps calling

Think that I can get high  
sometimes

# BEHAVIOR CHAIN

## SITUATION

Shopping at Wal-Mart  
and I run into a buddy  
who has dope

## THOUGHTS

Every single time I try  
to get clean, dope  
tries to find me

Just because he has  
dope doesn't mean I  
have to get high

I don't want to lose  
everything I'm  
working for

He is a good buddy  
and I miss getting  
high, but it's just not  
worth the risk!

## FEELINGS

Frustrated  
Confident  
Committed  
Determined



## ACTIONS

Say "hi" to buddy and tell him I can't  
hang out

## CONSEQUENCES

**+**  
Avoided getting into  
trouble

Feel proud of myself

Increased my  
confidence that I can  
change

**-**  
Missed out on a free  
high

Missed catching up with  
my buddy

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Shopping at Wal-Mart and run into a buddy who has dope

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Self-talk
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Deciding to say "no"

Steps:

- 1) Decide if the situation is risky for you
- 2) Think about different ways to say "no"
- 3) Choose the best way to say "no"
- 4) If appropriate, suggest other things to do that are not risky
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with urges

Steps:

- 1) Identify what risky situation is triggering your urge to use
- 2) Identify your thoughts about the situation
- 3) Tune in to your body, and identify your feelings and physical sensations
- 4) Choose one or more strategies for dealing with your urge and do it (distraction, urge surfing, positive self-talk, or contacting a support person)
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

Friday night and  
nothing to do

## THOUGHTS

I'm so bored  
I gotta do something  
Wonder what Mike is  
doing  
I bet he's got dope  
Probably lots of girls  
over at his place  
Yeah, I'm heading  
over there

## FEELINGS

Lost  
Lonely  
Bored  
Excited

## ACTIONS

Go to Mike's and got high

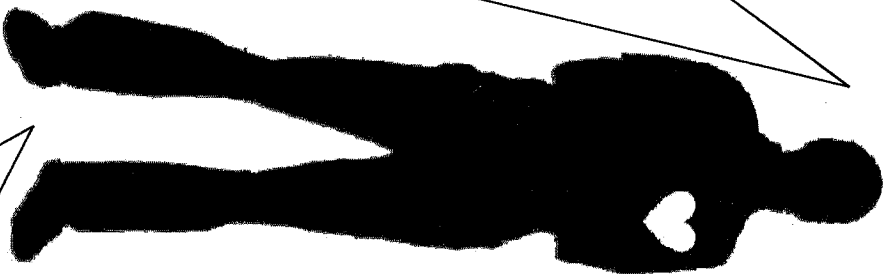
## CONSEQUENCES

+

Have a great time  
Hang out with friends  
Get laid  
Plenty high  
Not bored and lonely  
anymore

—

Stayed up too late  
Hung over  
Partied all weekend  
and missed work  
Monday  
May have STD



# BEHAVIOR CHAIN

## SITUATION

Friday night and  
nothing to do

## THOUGHTS

I'm bored  
This is risky for me  
I need to do  
something positive or  
I'll want to get high  
I've been wanting to  
spend time with my  
brother  
I hope he's home and  
can come over

## FEELINGS

Bored  
Worried  
Restless  
Relieved  
Hopeful

## ACTIONS

Call brother and watch game on TV

## CONSEQUENCES

**+**  
Managed a risky  
situation  
Had a good time with  
my brother  
He noticed that I'm  
changing  
He suggested we go to  
a game together  
  
**-**  
Not as fun as getting  
high

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Friday night and nothing to do

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Decision balance-staying home bored or going out to party
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Getting involved in a positive activity

Steps:

- 1) Decide if this is a positive activity you want to participate in
- 2) Think about different ways you could get involved
- 3) Decide the best time and way to get involved
- 4) Get involved in the activity
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with urges

Steps:

- 1) Identify what risky situation is triggering your urge to use
- 2) Identify your thoughts about the situation
- 3) Tune into your body, and identify your feelings and physical sensations
- 4) Choose one or more strategies for dealing with your urge and do it (distraction, urge surfing, positive self talk, contacting a support person)
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

Thinking about a lot of situations not going my way and feeling angry

## THOUGHTS

Fuck it! I don't deserve all this shit!  
I need to hit something  
I need to hit somebody  
Somebody's gonna pay  
Ah hell no!  
I can't stand this  
I need a joint

## FEELINGS

Enraged  
Resentful  
Aggressive  
Revengeful  
Overwhelmed

## ACTIONS

Get high

## CONSEQUENCES

+

Didn't hit someone or destroy anything  
Anger went away  
Calmmed down

-

Positive UA and PV-Jail  
Problems in relationships and loss of trust  
Withdrew from family  
More problems to be angry about

# BEHAVIOR CHAIN

## SITUATION

Thinking about a lot of situations not going my way and feeling angry

## THOUGHTS

I know I don't deserve these problems, but getting angry won't help

I need to calm down before I do something stupid

Hitting someone is not going to make things go my way

Smoking a joint will calm me down, but it will get me violated

I need to go work out

## FEELINGS

Angry  
Resigned  
Calm  
Reasonable  
Committed  
Relief

## CONSEQUENCES

**+**

Managed my anger without doing anything stupid

Anger was reduced

More able to deal with problems

Proud of myself and confident in recovery

**-**

Still have frustration about current situation

No adrenaline rush or substance use

## ACTIONS

Go to gym and work out

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Thinking about a lot of situations not going my way and feeling angry

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) mood surfing
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Using Self-Control

Steps:

- 1) Pay attention to your body language and physical sensations that lead to losing control
- 2) Pay attention to your risky thoughts
- 3) Think about different self-control strategies
- 4) Choose the best self-control strategy and do it
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Managing Anger

Steps:

- 1) Identify the risky situation triggering your anger
- 2) Identify your thoughts, feelings, physical sensations, and body language
- 3) Think about the possible consequences of how you respond to the situation
- 4) Choose self-control strategies for dealing with your anger and use them
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

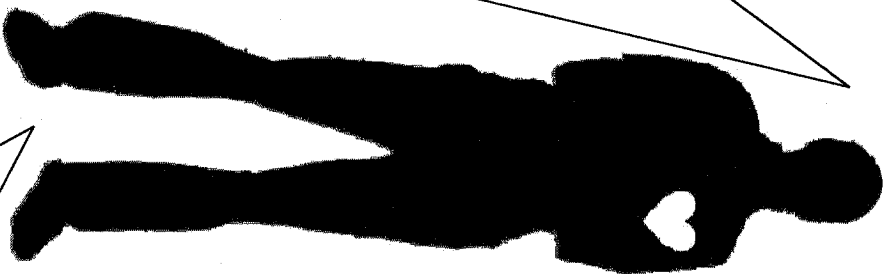
The clinic took \$2 from me when I wanted to sign a refusal and my grievance was denied

## THOUGHTS

These people are running a scam  
 Stupid lady never offered a refusal  
 It ain't much money but it's the principle  
 This bitch didn't even to do her investigating  
 I ain't going to let her take my money  
 She ain't even listening to me  
 This sucks and I'm not taking it

## FEELINGS

Irritated  
 Annoyed  
 Violated  
 Angry  
 Aggressive  
 Disrespected  
 Hostile



## ACTIONS

Cussed out staff and wanted to get high

## CONSEQUENCES

+

Got out my anger

-

Conduct report

Time in seg

Would have gotten high if on the streets

Reputation as problem by CO's

# BEHAVIOR CHAIN

## SITUATION

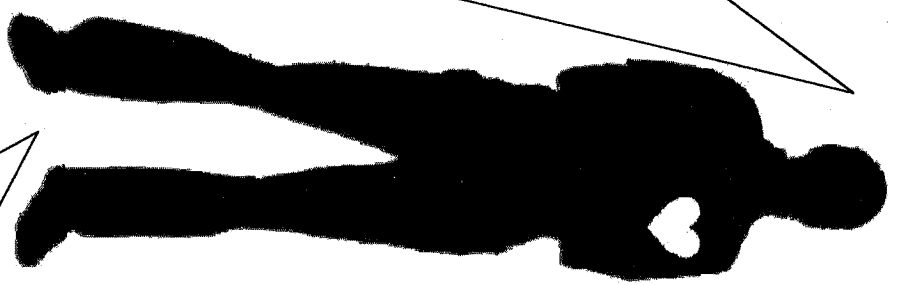
The clinic took \$2 from me when I wanted to sign a refusal and my grievance was denied

## THOUGHTS

It sucks that I'm out \$2  
 They are not running things right but it's only \$2  
 It's not worth getting worked up over  
 I'd pay a hell of a lot more to stay out of the hole  
 I'm not going to let this get to me

## FEELINGS

Annoyed  
 Irritated  
 Resigned  
 Smart  
 Determined



## ACTIONS

File an appeal

## CONSEQUENCES

+

Stayed out of seg  
 Kept my cool  
 May win the appeal  
 Feel proud of myself  
 Told my girlfriend and she was glad

-

Out \$2  
 Still feel mad about being screwed

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.*

*Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.*

**Behavior Chain's Risky Situation:** The clinic took \$2 from me when I wanted to sign a refusal and my grievance was denied

### A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Paced Breathing with Self-Talk
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Using Self-Control

Steps:

- 1) Pay attention to your body language and physical sensations that lead to losing control
- 2) Pay attention to your risky thoughts
- 3) Think about different self-control strategies
- 4) Choose the best self-control strategy and do it
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Communicating Your Needs

Steps:

- 1) Choose a time and place where everyone is calm
- 2) Ask the person's permission to have a conversation
- 3) If the person agrees, objectively describe the situation and then state your own thoughts and feelings
- 4) Make your request, allowing the other person to accept or decline
- 5) Thank the person for listening to you
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

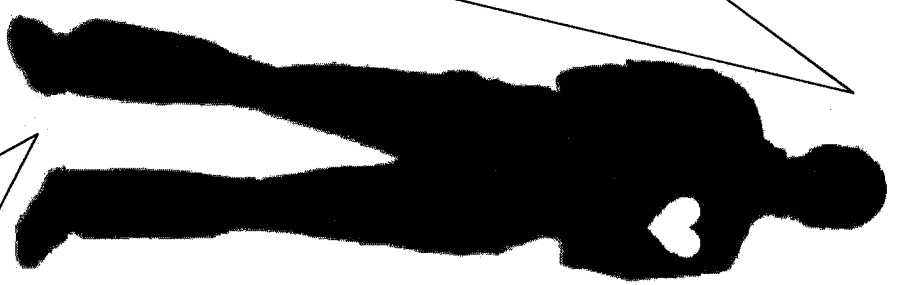
On a date and she pulls out a bag of dope

## THOUGHTS

I didn't see this coming  
 She's cute and likes to party  
 We're going to go all night  
 This is my kind of date  
 I can't wait to get it on  
 Let's do it

## FEELINGS

Surprised  
 Excited  
 Aroused  
 Lucky  
 Eager



## ACTIONS

Get high and laid

## CONSEQUENCES

**+**  
 Loved the high  
 Great sex  
 Eager to see where this goes

**-**

Off and running on a binge  
 Keep chasing the high  
 Know this can't last  
 Find out she's dicking me around  
 Lose respect of family  
 Loss of self-control  
 Might get STD  
 Another lousy relationship

# BEHAVIOR CHAIN

## SITUATION

On a date and she pulls out a bag of dope

## THOUGHTS

I didn't see this coming

She's cute but, she likes to party

This is risky.

Getting laid is not worth risking my freedom.

I need to cut this date short — I don't think I can resist this much longer

I need to let her know I can't be around her because of the dope

## FEELINGS

Surprised  
Worried

Scared

Cautious

Determined

## CONSEQUENCES

+

Got out of a very risky situation

Proud that I made a positive choice

Family proud

Used self-control

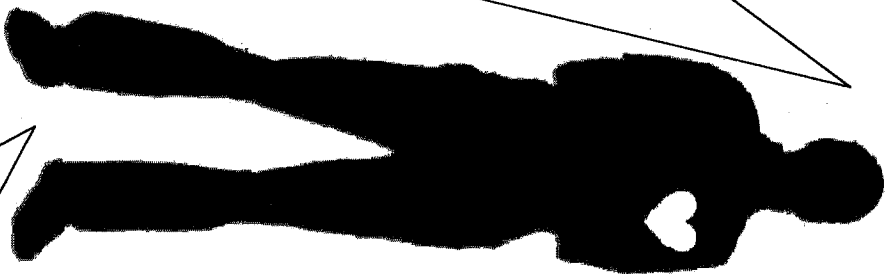
Stayed clean (from drugs and STDs)

Didn't get involved with an addict and a bad relationship

—

Missed out on a great night of sex

Won't see her again



## ACTIONS

Cut the date short

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** On a date and she pulls out a bag of dope

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Review my values and how dating this person fits in with them
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Assertive communication

Steps:

- 1) Think about how you feel about this person's behavior
- 2) Describe the behavior to the person, saying, "When you do..."
- 3) Describe your feelings and how the person's behavior affects you, saying, "I feel/think..."
- 4) State what you would like to happen in the future
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with peer pressure

Steps:

- 1) Decide if you are in a risky situation
- 2) Decide how you could manage the situation
- 3) Tell the other people what you decided
- 4) Suggest another activity that is not risky for you
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

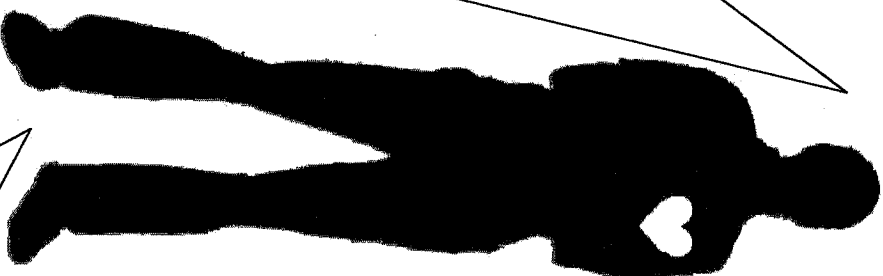
Girlfriend broke it off

## THOUGHTS

Damn, I really like her  
I can't let her break it off  
I have to get her to work it out  
I'm never going to get a good relationship  
I need a hit to get through this

## FEELINGS

Hurt  
Disappointed  
Desperate  
Hopeless



## ACTIONS

Get stoned

## CONSEQUENCES

**+**  
Forgot about it for a while  
Got high  
Felt sorry for myself

**-**  
Still have to deal with the sadness  
Getting stoned didn't help bring her back

# BEHAVIOR CHAIN

## SITUATION

Girlfriend broke it off

## THOUGHTS

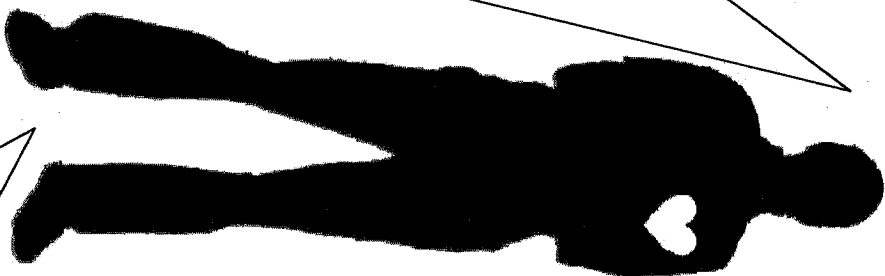
Damn, I really like her and I don't want this relationship to end

She has some legit complaints

If I change, maybe she will try again

I know getting high will make me feel better now, but that's also part of the problem

I want to prove that I can be mature and handle this



## FEELINGS

Hurt  
Disappointed  
Sad  
Hopeful  
Committed  
mature

## ACTIONS

Allow myself to feel sad

## CONSEQUENCES

+

Let myself experience the emotion

Didn't use her as an excuse to get high

Beginning to see a better way to deal with problems

Proud

—

Hurts

Have to face regrets for how I mistreated her

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Girlfriend breaks it off

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Self-talk
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Understanding the feelings of others

Steps:

- 1) Listen to what they are saying and how they say it
- 2) Keep calm and check with the other person to see if you understand their thoughts and feelings
- 3) Continue to listen
- 4) Ask if there is something you can do to help
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Mood surfing

Steps:

- 1) Recognize that I am sad and miss her
- 2) Tune in to my body and let myself feel sad
- 3) Remind myself that I won't always feel this sad
- 4) Let myself feel the pain for a period of time
- 5) Begin to think of the pain rolling back like a wave
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

My favorite team won the championship and friends want to go bar hopping

## THOUGHTS

Gotta go! It's not often our team goes all the way!

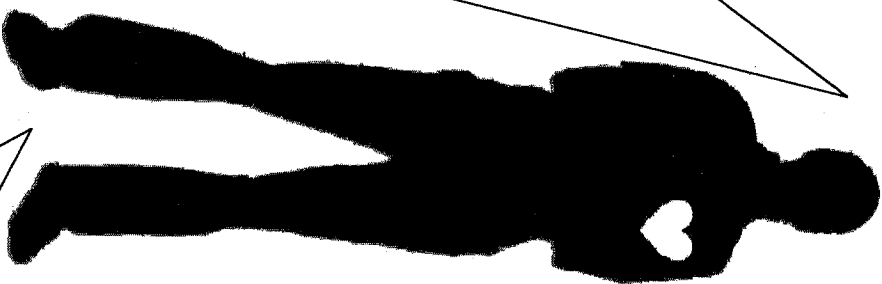
Alcohol is legal—drugs are the problem

Everyone is going to win

It's going to be a rowdy time

I'll be okay

Fuck it! I'm going!



## FEELINGS

Happy  
Justified  
Eager  
Excited  
Confident  
Reckless

## ACTIONS

Go downtown and get drunk

## CONSEQUENCES

+

Had fun

Celebrated team's win with whole city

Pleased friends

Felt good

—

Got drunk

Hangover

Spent money

Missed work

Stressed that will get caught

Might have gotten arrested

# BEHAVIOR CHAIN

## SITUATION

My favorite team won the championship and friends want to go bar hopping

## THOUGHTS

Gotta go! It's not often our team goes all the way!

If I go I know I will end up drinking

If I drink I could get in trouble

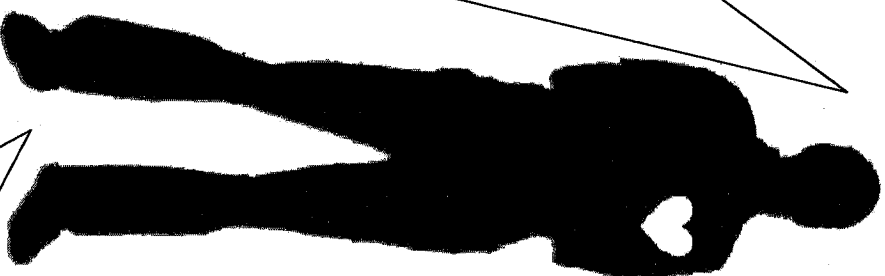
My PO is about to lower my supervision level

I'm not going to ruin it just because we won a game

I can celebrate with sober friends

## FEELINGS

Excited  
Worried  
Concerned  
Motivated  
Convinced  
Happy



## ACTIONS

Go to celebrate at my sober brother's house with his family

## CONSEQUENCES

**+**  
Spent time with brother and nephews

Sister-in-law made wings and other good eats

Can remember the evening and stayed out of trouble

Saved money

Getting my freedom

**-**  
Missed a great time

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** My favorite team wins the championship

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Replacement thoughts
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Dealing with peer pressure

Steps:

- 1) Decide if you are in a risky situation
- 2) Decide how you could manage the situation
- 3) Tell the other people what you decided
- 4) Suggest another activity that is not risky for you
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Celebrating a positive event

Steps:

- 1) Decide if the situation is something you want to celebrate
- 2) Choose a healthy reward that supports your goal
- 3) Reward yourself
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

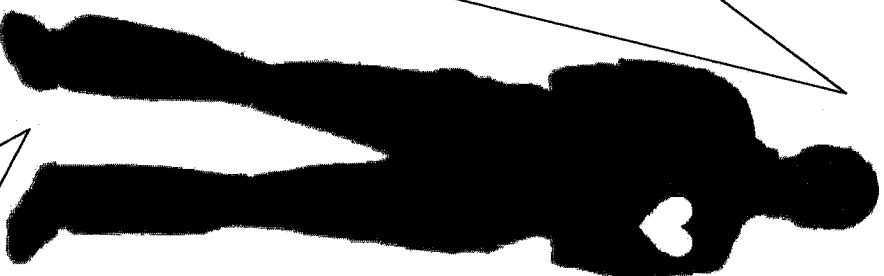
I just got hired on to a good job

## THOUGHTS

Hell yes, it's on  
Now I can get high  
I passed the drug screen  
It's been hard but now I deserve to get high  
I finally got a good job  
I don't have to stay clean for temp service  
It's time to celebrate

## FEELINGS

Happy  
Excited  
Relieved  
Justified  
Relaxed



## ACTIONS

Call my friend to go out to celebrate my job and get high

## CONSEQUENCES

+

Got high  
Had good times with buddies  
Got lots of free drinks  
Friends happy to buy me a few

—

Feel guilty  
May have to test for job and won't be able to pass  
May lose a good job  
Makes me worry about being addicted

# BEHAVIOR CHAIN

## SITUATION

I just got hired on to a good job

## THOUGHTS

I'm glad I got a permanent job

I know this is risky because I know they won't test me as often as temp service

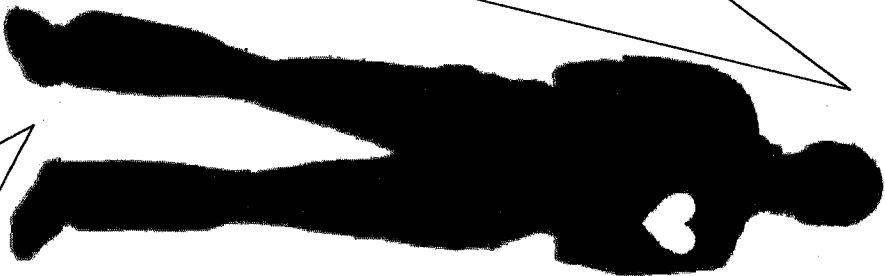
Even though it's less often, they still test me

I don't want to blow this good job

I'm going to celebrate with a good steak dinner

## FEELINGS

Happy  
Glad  
Cautious  
Responsible  
Careful  
Content



## ACTIONS

Call my girl and take her out to a nice dinner

## CONSEQUENCES

+

Nice dinner with girlfriend

She is proud of me

I don't have to worry about giving a dirty UA

I feel confident about this job

I feel closer to my girlfriend

—

Missed some free drinks and high

Lost the chance to get away with a high

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Got hired on to a good job

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Remind myself that I worked too hard to blow this good job by celebrating with drugs
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Dealing with urges

Steps:

- 1) Identify what risky situation is triggering your urge to use
- 2) Identify your thoughts about the situation
- 3) Tune in to your body, and identify your feelings and physical sensations
- 4) Choose one or more strategies for dealing with your urges and do it (distraction, urge surfing, positive self-talk, or contacting a support person)
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Celebrating a positive event

Steps:

- 1) Decide if the situation is something you want to celebrate
- 2) Choose a healthy reward that supports your goal
- 3) Reward yourself
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

Just rented my own place and all moved in

## THOUGHTS

Ahhh! Finally some privacy

Now I can get high and no one will know

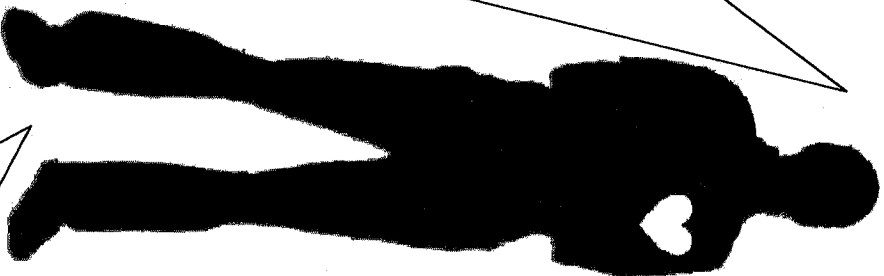
My mom was always sniffing around looking for dope

It's house party time

We will have a place to go after the bars close

The girls always want a place to keep the party going

I'm going to get my fill



## FEELINGS

Relief  
Sneaky  
Resentful  
Excitement  
Content  
Popular  
Satisfied

## ACTIONS

Go to bar and invite a bunch of people over after closing

## CONSEQUENCES

**+**  
People excited to come over

Feel really popular

Don't have to party outside

**-**

People too loud and neighbors complain

Police called and broke up party

Next time may get arrested

Got a bad reputation

Stuff destroyed

# BEHAVIOR CHAIN

## SITUATION

Just rented my own place and all moved in

## THOUGHTS

Ahhh! Finally some privacy

It's risky because I want to hide getting high and want to have house parties

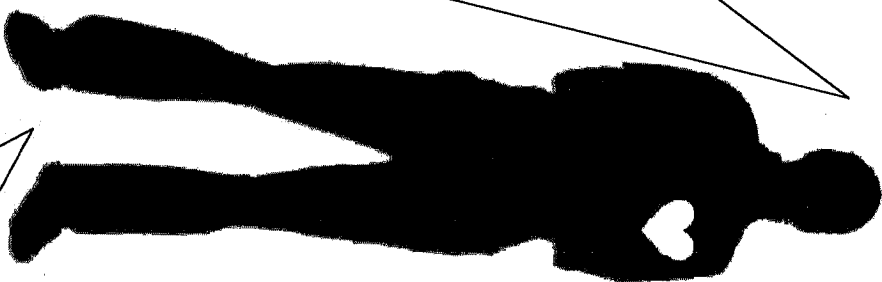
I've been here before

Get a place—lose a place

I'm tired of crawling back to mom

I'm not going to lose this place

Besides, drunks have no respect for property



## FEELINGS

Relief  
Anxious  
Guilty  
Embarrassed  
Committed  
Content

## CONSEQUENCES

+

Feel proud of my place  
Excited to be independent  
Stay out of trouble  
Will earn respect  
Making good choices  
Keep my place and keep it nice

—

Miss out on some fun time

## ACTIONS

Stay home and set my place up nice

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Just rented my own place

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Reviewing my goals
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Celebrating a positive event

Steps:

- 1) Decide if the situation is something you want to celebrate
- 2) Choose a healthy reward that supports your goal
- 3) Reward yourself
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Finding support-have a house party without substances

Steps:

- 1) Think about different people you could find support avoiding substance use
- 2) Think about different ways to connect with those individuals or groups
- 3) Contact the person or group and ask for support in making positive choices
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

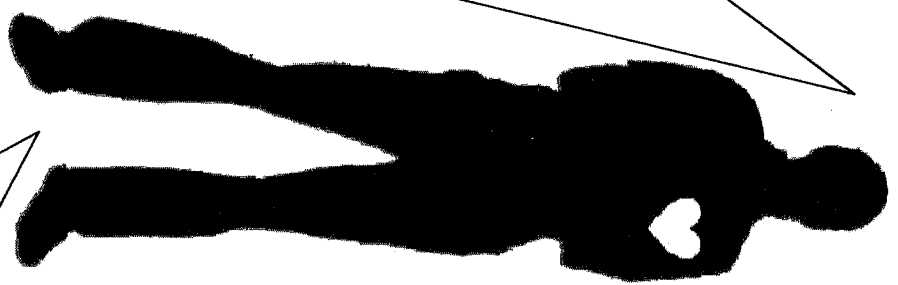
My baby's mama is yelling at me for more money and is threatening to not let me see my son

## THOUGHTS

She is such a bitch  
I can't stand her big mouth  
I want to make her shut up  
She can't stop me from seeing my kid  
I hate this bitch  
I can't take this—I'm out of here  
I'm going to the club

## FEELINGS

Anger  
Frustration  
Rage  
Indignant  
Hate  
Overwhelmed  
Justified



## ACTIONS

Go to club and get high

## CONSEQUENCES

+

Get relief from conflict  
Get away from her  
Didn't hit her  
Got to escape the problem  
Friends agreed she's a bitch

Problem is still there and she is more mad  
Probably won't get to see my son  
Risk dirty UA and violation  
Would get locked up and won't see son for a long time  
Let her push my buttons

# BEHAVIOR CHAIN

## SITUATION

My baby's mama is yelling at me for more money and is threatening to not let me see my son

## THOUGHTS

She is such a bitch  
I don't want to get into an argument with her  
She is being unreasonable and I'm not going to win  
Leaving and getting high will only make it worse  
If I want to see my son, I have to stay out of trouble  
I need to talk to someone before I make a mistake

## FEELINGS

Anger  
Frustration  
Resolved  
Mature  
Determined  
Confident



## ACTIONS

Call my brother and go to his house

## CONSEQUENCES

+

Got positive support  
Kept my cool  
Stayed clean and out of trouble  
Walked away a better person

My brother noticed I'm changing for the good

-

I didn't get to see my son  
Still have to deal with the issue  
Had to deal with my anger and frustration

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** Get into an argument over money and kids

A. Coping by Thinking Strategies.

- 1) Behavior Chain
- 2) Preset calming words
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Managing your anger

Steps:

- 1) Identify the risky situation triggering your anger
- 2) Identify your thoughts, feelings, physical sensations, and body language
- 3) Think about the possible consequences of how you respond to the situation
- 4) Choose self-control strategies for dealing with your anger and use them
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Asserting yourself

Steps:

- 1) Think about how you feel about the person's behavior
- 2) Describe the behavior to the person, saying, "When you do..."
- 3) Describe your feelings and how the person's behavior affects you, saying, "Then I feel/think..."
- 4) State what you would like to happen in the future
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

I see the guy who beat up my son go into a bar

## THOUGHTS

I'm gonna make him pay  
He's got this coming  
Vengeance is mine sayeth the lord  
I can't let this chance go—I owe it to my son  
I'm going in and if he starts something I'll finish it

## FEELINGS

Revenge  
Justified  
Vengeful  
Committed  
Ready

## ACTIONS

Go in bar and drink a beer, get into a fight, and beat him up bad

## CONSEQUENCES

**+**  
Got revenge for my son  
His enemies showed me respect  
He will leave my son alone

**-**  
Police called and I got arrested  
Got an assault and resisting arrest  
Jail and probably prison  
Won't see grandkids grown up  
Disappointed my family  
Could have killed the guy

# BEHAVIOR CHAIN

## SITUATION

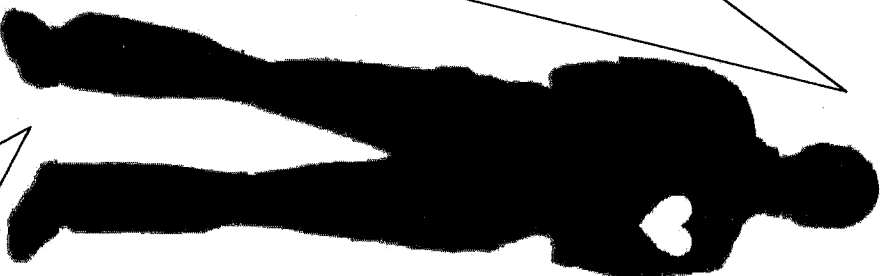
I see a guy who beat up my son go into a bar

## THOUGHTS

I'm gonna make him pay for what he did to my son  
I'm going to kick his ass  
If I fight him I'll end up getting into trouble  
He's not worth it  
My son would get upset if I get locked up over this  
I need to get out of here

## FEELINGS

Anger  
Vengeful  
Realistic  
Resolved  
Guilty  
Committed



## ACTIONS

Leave the area and let my revenge go

## CONSEQUENCES

**+**  
Stayed out of trouble  
No one got hurt  
Made a decision for my future  
Confident that I'm changing  
So glad I avoided the guy

**-**  
Feel weak  
Others may see me as a punk

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** I run into a guy that beat up my son

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Managing anger

Steps:

- 1) Identify the risky situation triggering your anger
- 2) Identify your thoughts, feelings, physical sensations, and body language
- 3) Think about the possible consequences of how you respond to the situation
- 4) Choose self-control strategies for your anger and use them
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Using self-control

Steps:

- 1) Pay attention to your body language and physical sensations that lead to losing control
- 2) Pay attention to your risky thoughts
- 3) Think about different ways you can control yourself
- 4) Choose the best way to control yourself and do it
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

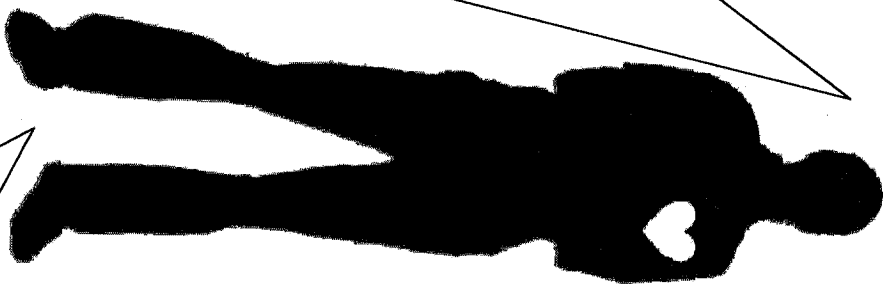
I lost my job and my dad told me I would never amount to anything but a "drugged up, unemployed failure."

## THOUGHTS

So. I don't want to be like you anyway!  
 Fuck you, Dick!  
 This unemployed failure is going to kick your ass.  
 You think you're so great. Well, I think you're nothing!  
 I hate you and I'm out of here.

## FEELINGS

Defensive  
 Angry  
 Aggressive  
 Resentful



## ACTIONS

Go to cop drugs

## CONSEQUENCES

**+**  
 Got high  
 Stayed away from that asshole for awhile  
 Felt justified to use and blamed him

**-**  
 Got a positive UA  
 Risk going back to prison  
 Feel worse now  
 Still have to deal with being out of work and my dad

# BEHAVIOR CHAIN

## SITUATION

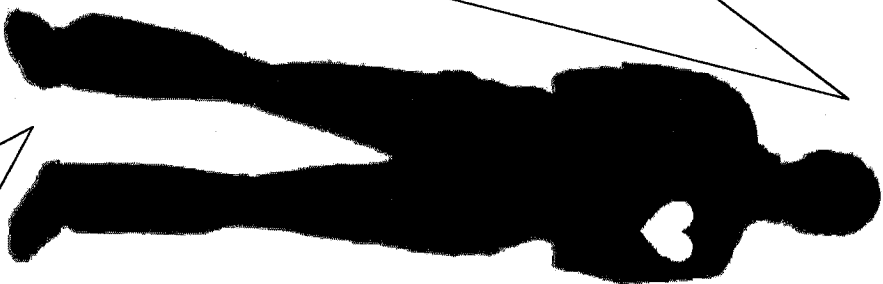
I lost my job and my dad told me I would never amount to anything but a "drugged up, unemployed failure."

## THOUGHTS

I hate it when he puts me down  
I know he is disappointed and angry, but this isn't helping  
He's impossible to talk to  
I need to get away from this and cool down before I prove him right  
I'm going to call Joe

## FEELINGS

Defensive  
Frustrated  
Determined  
Relieved



## ACTIONS

Call Joe and he picked me up to get coffee

## CONSEQUENCES

**+**  
Joe helped me work through my frustration and anger  
I have a better understanding of why my dad is upset  
I didn't prove him right  
I feel more determined to change  
**—**  
I feel like I let my dad down and I know it's the truth  
I have to be more responsible and find a new job

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** I lost my job and my dad told me I would never amount to anything but a "drugged up, unemployed failure."

### A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Replacement thoughts
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Responding to Criticism

Steps:

- 1) Remind yourself to stay calm and listen with an open mind
- 2) Think about why the person is criticizing you
- 3) Think about ways to address the criticism that will keep the conversation calm
- 4) Choose the best option and do it
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with Rejection and Failure

Steps:

- 1) Decide if you feel rejected or have failed at something
- 2) Think about different ways to manage how you feel
- 3) Pick the best way and do it
- 4) Think about how to avoid feeling rejected or failing again
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

I had an argument with my son over a bad grade in school and I said some things that hurt his feelings

## THOUGHTS

I can't believe I called my son those things  
He will never forgive me  
I don't blame him for hating me  
I'm such an idiot  
I'm a lousy father  
I can't believe I did this  
I need a jolt to settle down  
Damn, I'm so fucking stupid

## FEELINGS

Regretful  
Powerless  
Self disgust  
Defeated  
Self loathing



## ACTIONS

Took off and went on a 3-day binge

## CONSEQUENCES

**+**  
I forgot about what I did to my son for a while  
I justified what I said when using  
Avoided seeing him for three days  
  
**-**  
I hurt my son emotionally and then made it worse by disappearing  
I was gone and worried my family  
I spent the rent money  
I am depressed for

# BEHAVIOR CHAIN

## SITUATION

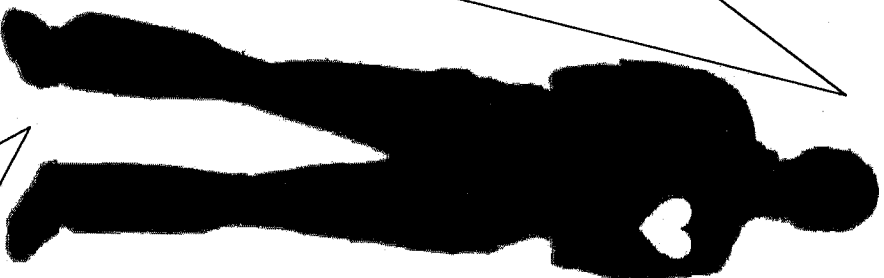
I had an argument with my son over a bad grade in school and I said some things that hurt his feelings

## THOUGHTS

I can't believe I called my son those things  
 I've hurt his feelings very much  
 I wish I never said what I said  
 I'm a stupid, lousy father  
 I got to let him know what I said isn't true and tell him I'm sorry

## FEELINGS

Regretful  
 Sad  
 Disgusted  
 Sorry  
 Committed



## ACTIONS

Apologize to my son

## CONSEQUENCES

**+**  
 Took responsibility for my mistake  
 Didn't make it worse than it was  
 Had a heart to heart talk with my boy  
 Told him that I love him and want him to be better than me

**—**  
 Hard to swallow my pride and admit I was wrong  
 Had to face my shame  
 Risked him rejecting my apology

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** I had an argument with my son over a bad grade in school and I said some things that hurt his feelings

### A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Mood surfing
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Understanding the Feelings of Others

Steps:

- 1) Pay attention to the person's words and body language
- 2) Identify the most likely emotion being communicated to you
- 3) Calmly check in to see if you are correct
- 4) Ask an open questions to get more information
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with Rejection and Failure

Steps:

- 1) Decide if you feel rejected or have failed at something
- 2) Think about different ways to manage how you feel
- 3) Pick the best way and do it
- 4) Think about how to avoid feeling rejected or failing again
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

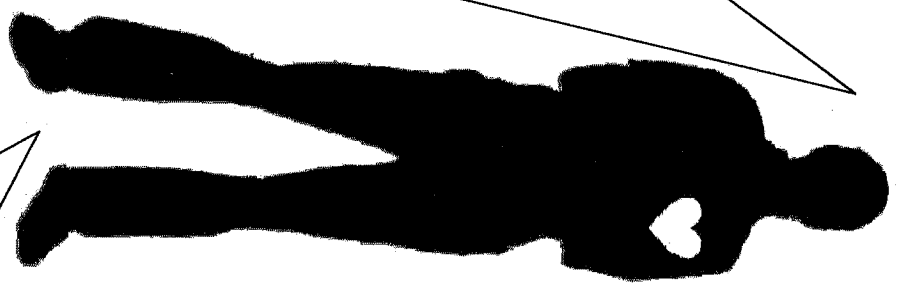
I got rejected from a job because of my felony record

## THOUGHTS

Fuck these people  
They don't know me  
I ain't never gonna find a job  
Why can't my past just fall off after a while  
I'm gonna go get high  
It's not worth trying

## FEELINGS

Controlled  
Frustrated  
Defeated  
Angry  
Hopeless



## ACTIONS

Get high

## CONSEQUENCES

**+**  
Forgot about not having a job  
Buddies agreed it's tough to get a break

**-**  
Blew my sobriety  
Can't pass UA for a job  
May get violated  
Feel even more defeated

# BEHAVIOR CHAIN

## SITUATION

I got rejected from a job because of my felony record

## THOUGHTS

It's not fair that my past is holding me back

They won't give me a break

Getting another felony won't help

I have to keep trying

Other felons have found jobs—I can too

I won't let myself give up

## FEELINGS

Angry  
Frustrated  
Resigned  
Persistent  
Hopeful  
Determined

## ACTIONS

Keep job searching

## CONSEQUENCES

+

Increase chances of getting a job

Avoid getting in trouble

Didn't make the problem worse

Feel glad and proud

—

Have to feel my frustration

Still have to face rejections

Have to find more jobs to apply to

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.

**Behavior Chain's Risky Situation:** I got rejected from a job because of a felony

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Positive self-talk
- 3) Remember that having an additional felony will actually make it harder to get a job
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Dealing with rejection and failure

Steps:

- 1) Decide if you feel rejected or have failed at something
- 2) Think about different ways to manage how you feel
- 3) Pick the best way and do it
- 4) Think about how to avoid feeling rejected or failing again
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Managing your anger

Steps:

- 1) Identify the risky situation triggering your anger
- 2) Identify your thoughts, feelings, physical sensations, and body language
- 3) Think about the possible consequences of how you respond to the situation
- 4) Choose self-control strategies for dealing with your anger and use them
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

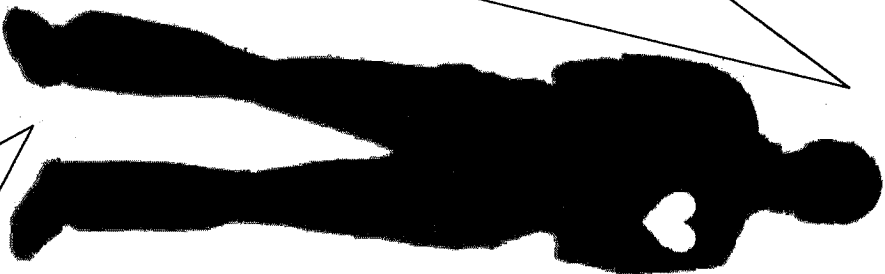
This landlord won't rent to me because of my felony

## THOUGHTS

This guy is fucked up  
I don't want this house anyway  
I don't need this shit  
I have no choice but to stay with my buddy  
This just isn't going to work—I knew it was stupid to try

## FEELINGS

Angry  
Justified  
Frustrated  
Trapped  
Hopeless



## ACTIONS

Go to buddy's and smoke meth

## CONSEQUENCES

**+**  
Forget about my problems  
Buddy was glad to see me

**-**  
Risk violating  
Dirty UA  
Back in the lifestyle  
Depressed  
Disappointed

# BEHAVIOR CHAIN

## SITUATION

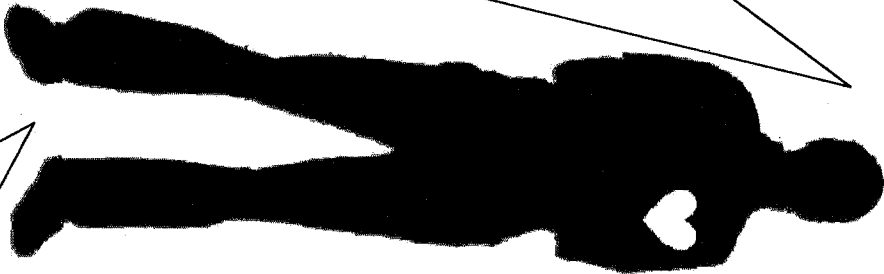
This landlord won't rent to me because of my felony

## THOUGHTS

This guy is fucked up  
He don't know me  
No one will give me a chance  
I'm going to prove him wrong and stay out of trouble  
I need to get some help to find a place to live  
I'm going to call my PO

## FEELINGS

Angry  
Judged  
Frustrated  
Resolved  
Determined  
Embarrassed



## ACTIONS

Call my PO and ask for help

## CONSEQUENCES

**+**  
Stayed out of trouble and out of the lifestyle  
Impressed my PO  
Got a temporary safe place to stay

**-**  
Don't like living in transitional housing  
Had to ask for help  
Feel weak

## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.*

*Complete one of these worksheets for each of the Behavior Chains that you create for Step 3 of your Success Plan. Use the Skills List worksheet as a reference for the list of skills you have learned throughout the program. You can also add additional skills you could use to manage the risky situation.*

**Behavior Chain's Risky Situation:** A landlord won't rent to me because of my felony

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Positive self-talk
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Problem solving

Steps:

- 1) Identify your problem and goal
- 2) Brainstorm options and choose the best one
- 3) Plan and try your solution
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Pleasant imagery

Steps:

- 1) Imagine my happy place
- 2) Use self talk to encourage myself to keep looking for a place to live
- 3) Imagine eventually getting my own apartment
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

# BEHAVIOR CHAIN

## SITUATION

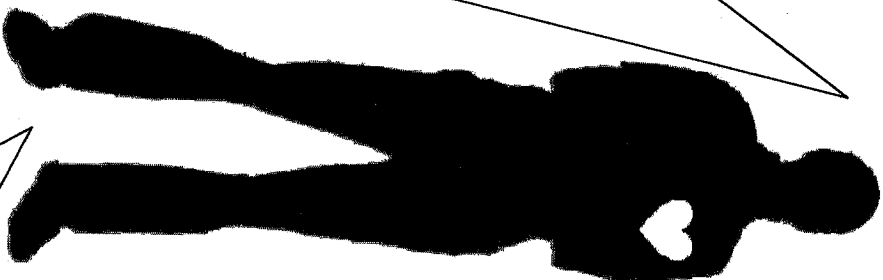
Lost my dream job after  
telling them about  
getting a DUI

## THOUGHTS

I should have just  
drove without a  
license  
I was stupid to tell the  
truth  
Doing the right thing  
is dumb  
I can't believe they  
screwed me  
I got nothing left  
Might as well get  
high.

## FEELINGS

Regret  
Foolish  
Convinced  
Angry  
Hopeless



## ACTIONS

Got high and drunk

## CONSEQUENCES

+

Got high  
Didn't have to worry  
about getting fired  
Guys at bar bought me  
drinks

-

Still have to get a job  
Girlfriend angry I got  
high  
Felt hung-over and  
more depressed  
Won't be able to pass  
drug test

# BEHAVIOR CHAIN

## SITUATION

Lost my dream job after telling them about getting a DUI

## THOUGHTS

I wanted to do the right thing and it backfired  
 I can't believe they fired me  
 I want to chuck it all and get high  
 That will only make things worse  
 I need to own up to what I did and tell my girl what happened

## FEELINGS

Disappointed  
 Disbelief  
 Disgusted  
 Resigned  
 Mature

## CONSEQUENCES

+

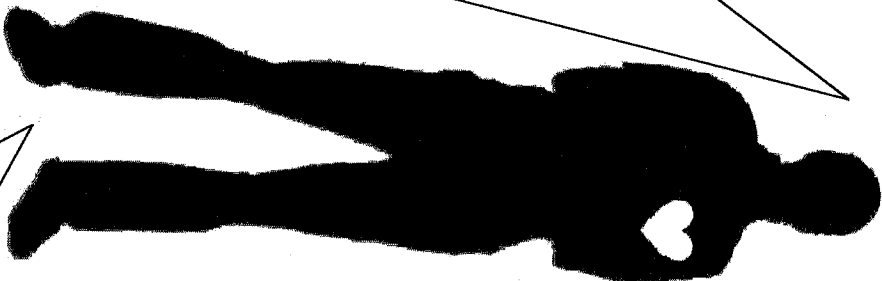
Girlfriend glad I was honest  
 I feel proud I made a good decision  
 I didn't make a bad situation worse  
 Clear head and negative drug screen

—

Girlfriend worried about finances  
 Didn't get sympathy from buddies  
 Have to deal with my depression

## ACTIONS

Told my girlfriend what happened



## Step 4 – Exploring Coping Strategies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Create a plan on **how you will cope** with risky situations, thoughts, and feelings by using skills learned in the program.

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**Behavior Chain's Risky Situation:** Lost my dream job after telling them about getting a DUI

A. Coping by Thinking Strategies.

- 1) Behavior chain
- 2) Decisional Balance
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

B. Coping by Doing Strategies. List the skill and skill steps, if applicable. You may also list other strategies that would have worked for you in the past in managing risky situations.

Skill: Problem Solving

Steps:

- 1) Identify your problem and goal
- 2) Brainstorm options and choose the best one
- 3) Plan and try your solution
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Skill: Dealing with Rejection and Failure

Steps:

- 1) Decide if you feel rejected or have failed at something
- 2) Think about different ways to manage how you feel
- 3) Pick the best way and do it
- 4) Think about how to avoid feeling rejected or failing again
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

## Step 5 – Reinventing My Life

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify your current lifestyle factors are too risky to continue and what healthy lifestyle factors you might develop.*

A. List what **lifestyle changes** you will make to *avoid* or better *manage* your high-risk situations.

Slow down and appreciate the “small” things in life

Get involved with my kids in a more positive way

Find more hobbies to fill my free time

Create a positive social network of “real” friends

Rebuild my life and take care of my responsibilities

B. List what **healthy lifestyle factors** you are willing to begin doing. Then list goals and actions steps for each of these healthy lifestyle factors.

Healthy Lifestyle Factor: Slow down and appreciate the “small” things in life

Goal: Enjoy my freedom and not engage in behavior that risks it

Action Steps: Complete conditions of supervision and follow up on treatment goals. Write the pros of freedom and cons of prison

Healthy Lifestyle Factor: Get involved with kids in a more positive way

Goal: Get involved in activity with kids at least one time per week

Action Steps: Find out their schedule and plan out some fun activities

## Step 5 – Reinventing My Life

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify your current lifestyle factors are too risky to continue and what healthy lifestyle factors you might develop.*

A. List what **lifestyle changes** you will make to *avoid* or better *manage* your high-risk situations.

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B. List what **healthy lifestyle factors** you are willing to begin doing. Then list goals and actions steps for each of these healthy lifestyle factors.

Healthy Lifestyle Factor: Find more hobbies to fill my free time

Goal: Develop 2 positive ways to spend my free time

Action Steps: I have enjoyed working in the yard in the past and plan to start a small garden. I will also consider getting involved in fishing or camping

Healthy Lifestyle Factor: Create a positive social network of "real" friends

Goal: Develop a network of social friends that support my recovery

Action Steps: Attend church and NA meetings to meet people, let my friends know that I'm not using substances anymore, spend more time with family

## Past Leisure Activities

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Consider 8 of your past leisure activities, and whether each is risky. If the activity is risky, decide if you can change the activity to make it safe. If so, write changes you can make to the activity to reduce its risk.

Past Leisure Activities	Risky? Yes or No.	If Risky, Can I Modify it to Make it Safe? Yes or No.	Possible Modifications to Make it Less Risky
1) <i>Example:</i> Going to Parties	Yes	Yes	Only go to parties that are alcohol and drug free.
2) Dating	Yes	Yes	Make sure she knows I don't want to have substances
3) Hanging out with friends	Yes	Yes and no	Some friends are too risky--Some will respect my sobriety
4) Going to ball games	Yes	Yes	Go with supportive people
5) Spending time with kids	No		Spending time with kids
6) Going to bars	Yes	No	Learn a new hobby like starting a garden
7)			
8)			

## Step 6 – Choosing Support Systems

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify what **support systems** will help you maintain a healthy lifestyle.*

### Support Person

### Contact Information

Mother

474-0220

Father

264-8306

Kids

756-4355

Find new friends at church or NA

Will get numbers

Counselors at treatment center

264-4977

Brother

870-1112

# Brainstorming Support People

Name: \_\_\_\_\_ Date: \_\_\_\_\_

First, write the names of 6 possible support people. Read the following characteristics and check those appropriate for each person.

Possible Support People:	1) Mother	2) Father	3) Kids	4) Counselor	5) Brother	6)
<b>Characteristics of Helpful Support People</b>						
Have available time for you	Yes	Yes	Yes	No	No	
Are responsible and follow through	Yes	Yes	No	Yes	Yes	
Appear committed to really assist you	Yes	No	Yes	Yes	Yes	
Give honest feedback in a helpful way	No	No	No	Yes	Yes	
Recognize when you are heading toward trouble	No	Yes	No	Yes	Yes	

## Step 7 – Avoiding Roadblocks

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify warning signs and develop a plan for getting back on track.*

A. List the warning signs that tell you that you are heading for a lapse.

I begin to feel bored a lot

I started to get irritated about small things

I'm not making progress in accomplishing my goals

I start feeling overconfident that I can stay clean

I start having intense craving a lot

B. List specifically what you will do if you lapse. How will you get back on track?

I will tell myself "I lapsed, let's not re-lapse" then I will identify my warning triggers and risky thoughts

I will identify my warning triggers and risky thoughts

I will seek help from someone on my support list—especially someone that will call me on my shit

I will decide what I need to change in my life—style and use my self-talk and other skills

## Step 8 – Transferring Skills

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Make a plan for how you can **transfer the program skills** into everyday life.*

How will you remember and continue to use the things that you've learned in treatment?

Before I leave prison I will try to master Behavior Chains in my head. I will be on constant  
lookout for risky situations. I will avoid them or use my skills to manage them. I need to become  
comfortable with the word "no."

After release I will build a positive social network and rebuild my relationships with my family. I  
will share my success plan with my family and other support people to help me be accountable for  
my actions. I want to find new hobbies that I enjoy doing that are low cost and don't involve risky  
company. I will constantly remind myself that I want to leave my children "good memories" after  
I am gone. I will pay attention to what my body is telling me so I know if I am having strong  
emotions or risky moods. I will enjoy the smart things in life and will know that drugs are too  
risky for me. The more I use my skills, the more comfortable I will be with my life and myself. I  
I want my children to learn from my example and put an end to addiction in my family.