



# THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

## WORKSHEET HANDOUTS & INSPIRATIONAL HANDOUTS

Worksheet Handouts and *Inspirational* Handouts are located at the back of each of the eight subjects in the curriculum. Reprinting permission of the handouts is granted by the author to the individual purchaser of THE BASICS, Second Edition for use in his/her groups and 1:1 appointments.

(Note: Reprinting permission is written at the bottom of each handout.)

**SUBJECT ONE:**    **THE LINK BETWEEN PSYCHIATRIC AND SUBSTANCE DISORDERS, AN INTEGRATED TREATMENT APPROACH;** APPENDIX IA: Effects of Alcohol and Other Drugs on Mental Health; APPENDIX IB: Acute Withdrawal Symptoms of Alcohol and Other Drugs

HANDOUTS:        *Personal Assessment – The Link Between Mental Health and Substance Use Disorders* Worksheet Handout (one page)  
                          *“Change”* Inspirational Handout (one page)  
                          *The Rules for Being Human* Inspirational Handout (one page)  
                          *You May Be Strong* Inspirational Handout (one page)

**SUBJECT TWO:**    **PSYCHIATRIC DISORDERS WITHIN A CO-OCCURRING DIAGNOSIS;** APPENDIX II: The Basics and Symptoms of Psychiatric Disorders

HANDOUTS:        *Changing Thinking Can Change Attitudes* Worksheet Handout (one page)  
                          *Challenge Negative Thinking: Let the Light Shine In!* Worksheet Handout (one page)  
                          *We are in charge of our attitudes...* Inspirational Handout (one page)  
                          *Today* Inspirational Handout (one page)

**SUBJECT THREE:** **SUBSTANCE DISORDERS WITHIN A CO-OCCURRING DIAGNOSIS;** APPENDIX III: The Basics About Substance Disorders

HANDOUTS:        *Discovery* Worksheet Handout (two pages)  
                          *Personal Assessment of the Consequences and Problems of Substance Abuse and Dependence* Worksheet Handout (two pages)  
                          *Weighing The Pros and Cons of Using Alcohol and Other Drugs “The Balance Scale”* Worksheet Handout (one page)  
                          *Positively Negative* Inspirational Handout (one page)  
                          *Yesterday* Inspirational Handout (one page)  
                          *The Journey* Inspirational Handout (one page)

**SUBJECT FOUR:**    **THE PHYSIOLOGICAL EFFECTS OF PSYCHIATRIC AND SUBSTANCE DISORDERS ON PHYSICAL HEALTH;** APPENDIX IVA: Effects of Alcohol and Other Drugs on Physical Health; APPENDIX IVB: Effects of Alcohol and Other Drugs on Fertility, Pregnancy, Delivery, and Prenatal Effects on Infants Through Their Adulthood

## WORKSHEET HANDOUTS & INSPIRATIONAL HANDOUTS (CONTINUED)

- HANDOUTS: *Physical Complications of Alcohol Abuse or Dependence* Worksheet Handout (one page)  
*Physical Health Personal Risk Assessment* Worksheet Handout (two pages)  
*Stress Management "Survival Plan"* Worksheet Handout (one page)  
*Looking For Some Serenity? Try Putting The Serenity Prayer Into Your Day* Worksheet Handout (one page)  
*Which Place?* Inspirational Handout (one page)

### **SUBJECT FIVE: COPING WITH STRESS AND EMOTIONS WITH HEALTHY ALTERNATIVES TO ALCOHOL AND OTHER DRUGS**

- HANDOUTS: *Here Are Some Helpful Hints On The Care of Depression Monsters* Inspirational Handout (two pages)  
*Personal Emotions Management Plan: Coping with Stress & Uncomfortable Emotions (Stress, Anger, Depression, Anxiety, and Worry) WITHOUT Drinking and/or Drugging* Worksheet Handout (four pages)  
*Risk Taking Is Free* Inspirational Handout (one page)  
*Recovery "Letting Go"* Inspirational Handout (one page)

### **SUBJECT SIX: THE FOUNDATIONS OF THE RECOVERY PROCESS**

- HANDOUTS: *Controlling Cravings Before They Control You* Worksheet Handout (two pages)  
*Autobiography in Five Short Chapters* Inspirational Handout (one page)  
*Lessons From Geese* Inspirational Handout (one page)  
*I've Learned* Inspirational Handout (two pages)

### **SUBJECT SEVEN: THE PROCESS OF RECOVERY**

- HANDOUTS: *Personal Circle of Recovery* Worksheet Handout (one page)  
*Balance Is Key To Recovery: Personal Recovery Involvement Checklist* Inspirational Handout (one page)  
*Information on Alcoholics Anonymous* Inspirational Handout (one page)  
*"Rarely have we seen a person fail who has thoroughly followed our path."* Inspirational Handout (one page)  
*Twelve Steps Downward* Inspirational Handout (one page)  
*The Trouble Tree* Inspirational Handout (one page)  
*Don't Quit!!* Inspirational Handout (one page)  
*Things I Have Learned* Inspirational Handout (one page)

### **SUBJECT EIGHT: COPING WITH CRISIS, PREVENTING RELAPSE, AND MAINTAINING RECOVERY**

- HANDOUTS: *Personal Identification of External Relapse Triggers* Worksheet Handout (one page)  
*Personal Identification of Internal Triggers That Can Lead to Relapse or a Crisis* Worksheet Handout (four pages)  
*My Personal Relapse and Crisis Prevention Plan* Worksheet Handout  
Inspirational Handout (three pages)  
*This Is Recovery?* Inspirational Handout (one page)  
*Certificate Of Accomplishment...A Good Beginning* (one page)