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Improving Drug Abuse Treatment for AIDS-Risk Reduction (DATAR).

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Challenges for the Future

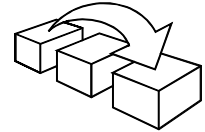
Participants will:

Identify accomplishments and successes to date

Define future goals for recovery

Explore solutions to potential challenges*

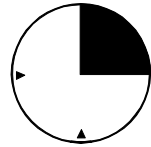
Objectives



Procedure

Step	Segment Name	Time
1	Welcome and review of weekly recovery issues	30 minutes
2	Topic introduction: Challenges for the future	5 minutes
3	Focused discussion: Successes, setbacks, and challenges	30 minutes
4	Break	10 minutes
5	Exercise and discussion: Recovery Goals Map	25 minutes
6	Homework exercise: Back to the Future	10 minutes
7	Closure and evaluation	10 minutes
Session Length		2 hours (120 minutes)

Session Structure



*Some of the exercise and discussion questions in this session draw on approaches suggested by Berg and Miller, 1992; de Shazer, 1985; Dolan, 1991; Lipchik, 1988; Lipchick and de Shazer, 1986; and O'Hanlon and Weiner-Davis, 1989.

Group Leader Materials and Preparation



◆ Materials:

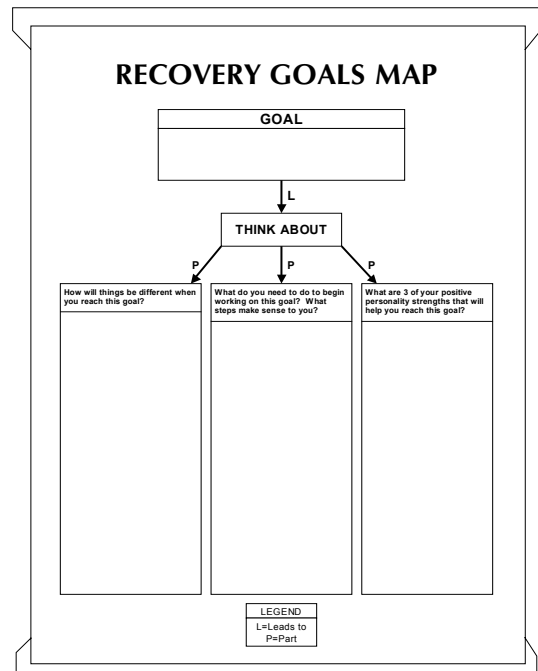
Flip chart or chalkboard
Markers or chalk
Pencils and paper for participants



◆ Prepare before class:

RECOVERY GOALS MAP

Use a sheet of flip chart paper to draw out the map as shown:
(Handout shown on p. 169.)



BACK TO THE FUTURE

Use a sheet of flip chart paper to write out the assignment questions as shown:
(Handout shown on p. 170.)

BACK TO THE FUTURE

Use the following questions to guide you:

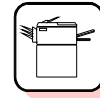
- ☺ What do you think your older, wiser self would suggest to you to help you reach your recovery goals?
- ☺ What would he/she ask you to remember?
- ☺ What would your older, wiser self tell you to keep on doing more of?
- ☺ What would he/she say to comfort you and give you encouragement?

NOTE!

Save the **Back to the Future** flip chart! It will be reused in Session 10.

◆ **Make copies:**

- Recovery Goals Map* worksheet (p. 169)
- Back to the Future* instructions (p. 170)
- Back to the Future* worksheet (p. 171)
- Session Nine Evaluation* (pp. 172-73)
- Weekly Recovery Journal* (p. 18 — Session 1)



**Procedure
Steps**



Step 1

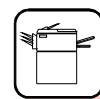
Welcome and review of recovery issues

◆ **Welcome participants** as they arrive.

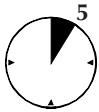
◆ **Introduce the session topic.** Begin by reminding participants this is the next to last “formal” meeting. Mention that at the end of the session there will be further discussion about next week’s “graduation” meeting, including a special assignment. Explain that the focus for today will be on preparing for the future beyond treatment. An important part of this preparation is to get clear about goals and priorities, and to have a good understanding of solutions that might work when challenges arise. We’ll explore these issues in today’s session.

◆ **Open the discussion period for weekly recovery issues.** Begin by asking participants to discuss what they found helpful about keeping a weekly recovery journal for the ***Straight Ahead*** meetings.

◆ **Go around the room to ask each participant:** “*What’s something you did in the last week (no matter how small) that really helped your recovery efforts?*” Express support, encouragement, and appreciation for each speaker’s contribution. Set a tone for the group that encourages participants to do likewise.



- ◆ **Ask about the specific assignment from last week:** How did it go when you worked on your anger management goals this past week? **Encourage participants to share other issues from their journals as well.** Keep discussions focused on recovery, finding solutions to recovery-related problems, and sharing successes (“what works”).



Step 2

Topic introduction: Challenges for the future

- ◆ **Reintroduce the session topic and the purpose of the session using key points from the following script:**

SCRIPT:
*Session Topic
and Goals*

One of the goals of the *Straight Ahead* program has been to help you strengthen your commitment to recovery and positive change (“positive” meaning the changes **you** want to make for a better life). Our hope is that the discussions over the last few months have helped you get a sense of your own strengths, capabilities, and inner wisdom — in other words, your own ability to solve problems and reach your goals.

At some point in your life you’ll have to sustain the changes you’ve made on your own, away from the “formal” treatment setting. If your goal is to stop or reduce your drug use, then you’re the best person to figure out how to do that successfully and what steps you need to take. This doesn’t mean you’re on your own without sources of support and advice. We’ve already discussed the usefulness of groups like AA or NA, as well as the importance of having friends and family members with whom you can talk “from the heart” about your successes and challenges in recovery. We’ve also discussed “tried and true” techniques for avoiding setbacks, such as staying away from “temptations,” learning and practicing “what works” for handling cravings, and staying busy through involvement with job, family, hobbies, sports, home projects, etc.

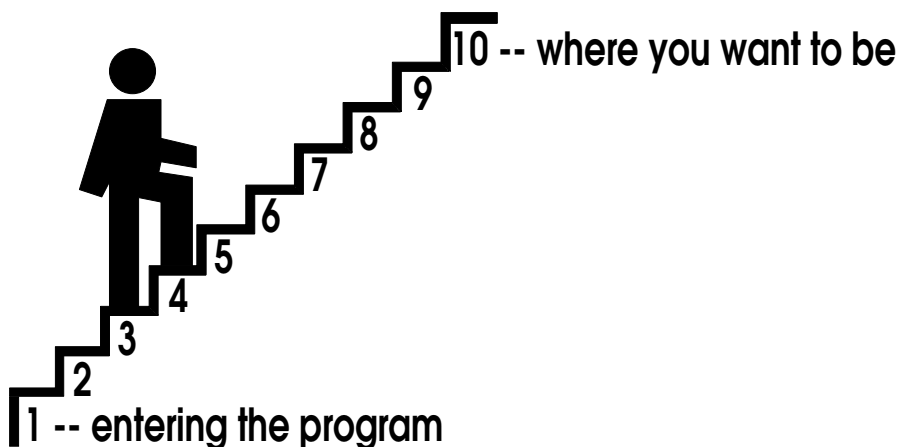
Support and advice are available almost anywhere you look in the community. But in the end, you, me, the guy next door — we're the ones responsible for making things happen when we really want purposeful change in our lives. Not only are we responsible, but we're also the best qualified to decide what it is we truly want and what we need to do to make it happen. Today's session is a chance to review your progress, and to think clearly about goals and challenges for your future recovery.

Step 3

Focused discussion: Progress, setbacks, and challenges

◆ **Lead a focused discussion about progress and challenges, using the following questions.** The questions are grouped in “sets.” Begin by working with the first volunteer using questions in the first set, then repeat the questions with each group member. Follow the same procedure for the next two sets. Ask group members to show support by listening and offering encouragement when they're not answering questions.

You may want to take notes to help you remember how participants “scale” themselves so you can move smoothly from set to set. Work at an easy pace so respondents don't feel pressured. As with previous exercises, work toward helping clients make



DISCUSSION:
Progress and challenges

DISCUSSION:
*Progress and
challenges
(continued)*

statements that are specific and behavioral rather than vague and general. Provide compliments, praise, acknowledgment, and other self-efficacy enhancing input as participants discuss their progress, successes, and ability to find solutions.

Set 1

(Start with the first participant, then go around the room.)

**Discussion
Questions**

On a scale of 1 to 10, let's say "1" represents your situation when you first entered this program, and "10" represents where you want your life to be when you've solved the problem that brought you here, where would you say you are today?

What are some things you're doing to keep yourself at a ___#___? (What are some things you're doing to keep yourself at a "7"?)

How do you make yourself do those things?

Set 2

(Go back to the first respondent, then go around the room.)

**Discussion
Questions**

You said earlier you were at a ___#___. What do you have to do next to move from a ___#___ to a ___#___? (From a "7" to an "8"?)

How will you make that happen?

Set 3

(Return to the first respondent, then go around the room.)

Is there anything that might happen in the next few weeks that might present a challenge to your progress?

(If “yes”): What might that challenge be?

How will you handle it?

Discussion Questions

◆ **Thank participants for their input.** Encourage them to pay attention during the coming week to things they do that help them “keep on keeping on” or that help them move ahead on the imaginary scale.

◆ **Provide closure for the discussion using information from the following script:**

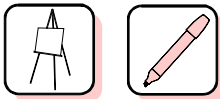
The changes you’ve made in your life to date, and the changes you’ll continue to make involve hard work. The goals you’ve set for yourself for recovery are not simple to achieve. You deserve recognition and respect for your willingness to tackle your problems and solve them.

You may find it helpful to set aside a day or two each week to think about some of the questions we’ve just discussed, and give yourself credit for the things you are doing “right” — the things you are doing that work for you (no matter how small or simple those things may be). You can ask yourself the “scale of 1 to 10” question for a variety of issues, and then use your position to think about what you need to do in the

SCRIPT:
*Summarizing
the progress
and challenges
discussion*

SCRIPT:
*Summarizing
 progress and
 challenges
 discussion
 (continued)*

SCRIPT:
Setbacks



short term to move ahead. This is also a good time to think about challenges or difficulties that might get in the way of your progress. It's helpful to anticipate possible challenges and think about creative ways to handle these situations.

◆ **Tell the group you want to spend a few minutes discussing the issue of setbacks.** Mention that many people are concerned about the likelihood of setbacks, especially when they've enjoyed a period of good progress. **Use key points from the following script to lead the discussion:**

Setbacks are possible in all stages of recovery. When setbacks (or "slips") happen, it's important to avoid burdening yourself with feelings of shame, guilt, or hopelessness. There is a very human tendency we all have to feel disappointed and discouraged when we don't quite live up to the promises we've made to ourselves or others. These negative feelings are probably more damaging to recovery than the setback itself. Setbacks are not a mark of failure; they're just a mark of being human.

Here are a few key points of advice to remember about managing setbacks: **(Use a flip chart or chalkboard to make a quick list of these as they're mentioned.)**

Talk it out with someone. Call your AA or NA sponsor or a member of your support crew and get the setback out in the open. (This prevents it from becoming a "dirty little secret" that can lead to feelings of guilt and shame.)

Don't beat yourself up. Setbacks happen to the best of us. Focus on your past successes and get back in touch with your recovery goals as soon as possible.

What will you do differently? A setback can be seen as a gentle reminder that you're a growing and changing human being. As you talk about the setback with a supportive friend, explore what you need to do more of and how you'll do it. Pay attention to what the setback teaches you about yourself.

◆ **Ask for a volunteer to help you with a demonstration.**

Give the volunteer his/her instructions so that the rest of the group can't hear. Instruct the volunteer to walk across the room, wall to wall, by taking three steps forward, then two steps back.

When the volunteer is ready, ask the rest of the group to pay close attention as he/she walks across the room. When the task is completed, thank the volunteer, then lead a brief discussion using some of the following questions:

What did this exercise say to you?

In what way is this exercise similar to the recovery process?

(To the volunteer:)

What were your thoughts as you walked across the room?

Discussion Questions

◆ **Provide closure** by mentioning that any purposeful change (including recovery) is usually a process of three steps forward and two steps back. Setbacks are a natural part of the change process. We've all experienced setbacks at one time or another, and we all have some level of inner wisdom about how to pull out of a setback. This "inner wisdom" is linked to our prior successes — what's worked and what we can do to make it work again. After all, without some degree of success a setback would not have been possible.

Step 4

Break

◆ **Allow a 10 minute break.**





Step 5

Exercise and discussion: *Recovery Goals Map*

◆ **Begin by telling participants the last part of the session will focus on the future.** Ask them to take a few minutes to think about a recovery goal for the near future.



◆ **Distribute *Recovery Goals Map* worksheets** and pencils, and ask participants to fill in the boxes by answering the question in each box. Encourage them to be thoughtful and realistic as they create their maps, and to take their time. Reassure them there are no “right” or “wrong” answers to the questions.



◆ **Use a flip chart or chalkboard outline of the map template** to quickly review the questions. Encourage them to use the back of the page if more room is needed.

◆ **Use the following notes to augment instructions:**

Goal box: Write a few lines to describe a recovery goal you have for the near future. Make sure the goal you describe is realistic and specific.

How will things be different when you reach this goal?

Think about the outcome of reaching the goal. How will you know when you’ve reached it? What will be different in your life?

What do you need to do to begin working on this goal?

What steps make sense to you? Think about what you need to do in order to reach this goal. What steps can you take to help you reach your goal?

What are 3 of your positive personality strengths that will help you reach this goal?

Think about strengths and positive attributes you possess. Which ones will help you work on your goal? Which ones have you relied on in the past?

**NOTES AND
INSTRUCTIONS:
*Recovery Goals
Map***

◆ **Allow time for participants to complete their maps.** Be available as they work to offer clarification and encouragement as needed.

◆ **Process the mapping exercise.** Begin by asking the group for general feelings about the exercise using some of the following questions:

How did it feel to answer these mapping questions?

Were the questions easy or hard?

◆ **Lead a process discussion of the questions in the exercise** by encouraging participants to share their goal statements and their answers to the mapping questions. Go through the questions one at a time and work with one participant at a time. Try to elicit answers that are specific and behavioral rather than vague and general. Offer praise, encouragement, and compliments.

◆ **Use these questions to process each mapping question after participants share their answers:**

❖ **How will things be different when you reach this goal?**

Who will be the first person to notice your progress?

What will he/she notice that is most different about you?

How will reaching this goal impact other parts of your life?

General Questions

PROCESS DISCUSSION: Recovery Goals Map

Process Questions

Process Questions

**What do you need to do to begin working on this goal?
What steps make sense to you?**

What's the first step you need to take to get the ball rolling?

How will you do that?

Process Questions

What are 3 of your positive personality strengths that will help you reach this goal?

How have these strengths worked for you in the past?

Who else knows you have these strengths?

What other strengths would this person say you have?

◆ **Thank participants for their input.** Provide closure by encouraging participants to continue using the types of questions demonstrated in this mapping exercise to help identify and clarify important goals and the steps needed to reach those goals. It's also helpful to identify possible challenges along with sources of advice and support. Generally, goals that are specific and realistic are the easiest to accomplish. Long term goals (goals that require time in order to be achieved, such as completing college or training for a new job) usually go smoother when they're broken down into manageable, specific steps.

Step 6

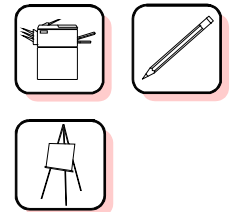


Homework exercise: *Back to the Future*

◆ **Begin by reminding participants that next week’s session is the last “formal” meeting of the *Straight Ahead* group.** The first half of the session will be spent discussing the “homework” exercise, and the second half is for a “graduation” party with refreshments and recognition for each group member. **(This should be based on agency policies and budget.)** If appropriate for your agency, spend a few minutes discussing plans for the “graduation,” including job assignments, sign-ups for refreshments, child care arrangements, etc.

If your agency policy allows it, ask participants if they would like to invite a partner, friend, or family member to join the “graduation” portion of the session. If so, guests should be encouraged to arrive for the second half of the session.

◆ **Distribute *Back to the Future* instructions and worksheets,** and introduce the “homework” by telling participants their assignment for next week is to write a special letter to themselves. Use a flip chart outline of the instructions to help participants understand the assignment. Tell them the exercise is a bit different, and they’re free to be as creative as they like. Remind them there’s no “right” or “wrong” way to do this exercise. If the “letter” format feels awkward, encourage them to simply answer the suggested questions. Use the back of the worksheet if more space is needed.



***Back to the Future* instructions:**

- ❖ Pretend you are able to travel into the future, to the time when the problem that brought you here is solved.
- ❖ There you meet a wonderful person — the wonderful, older, wiser you of the future.

INSTRUCTIONS:
Back to the Future

**Back to the
Future
Questions**

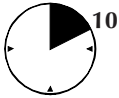
- ❖ Write a letter to yourself from your older and wiser self of the future. **Use the following questions to guide you:**

What do you think your older, wiser self would suggest to you to help you reach your recovery goals?

What would he/she ask you to remember?

What would your older, wiser self tell you to keep on doing more of?

What would he/she say to comfort you and give you encouragement?



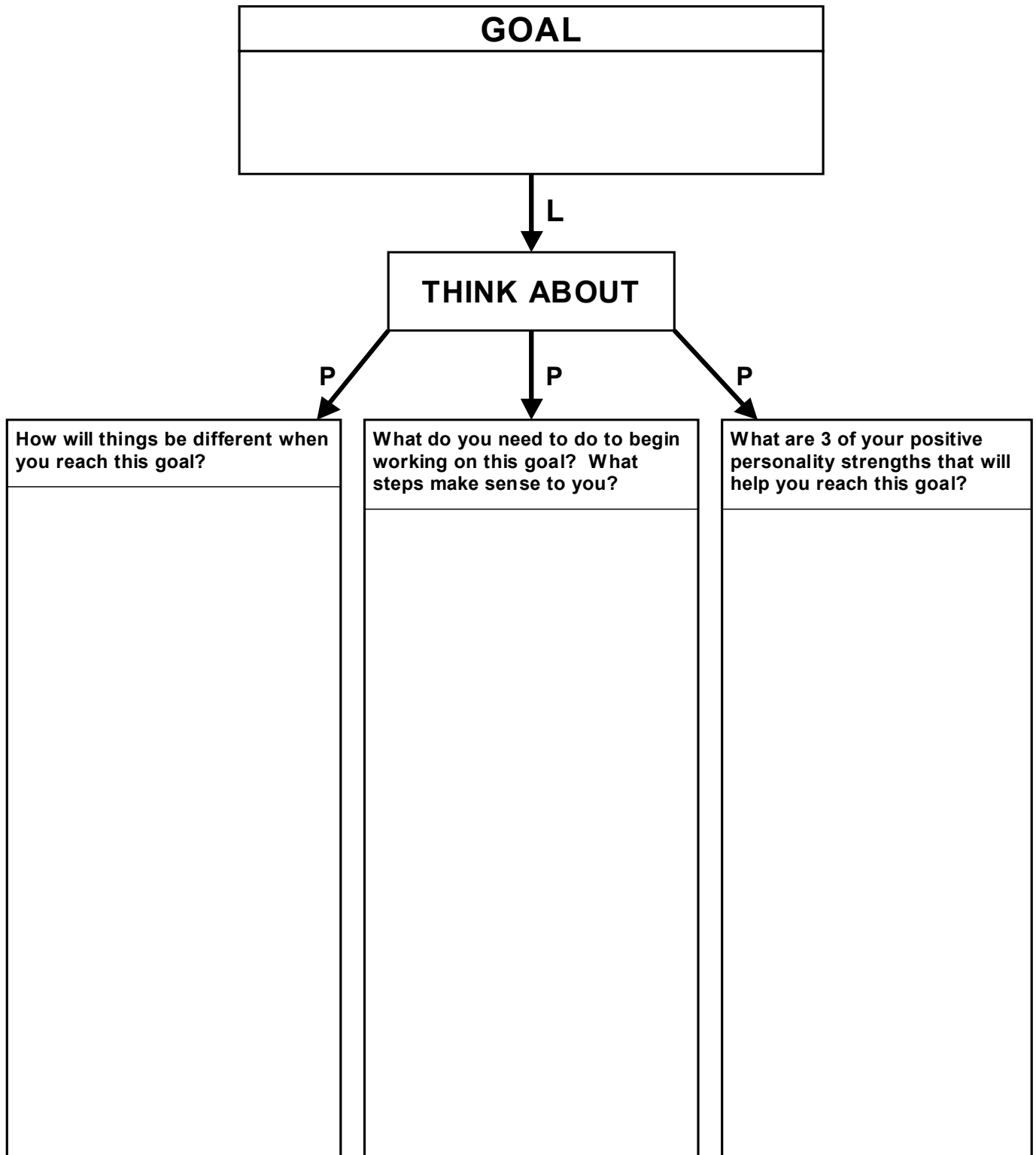
Step 7

Closure and evaluation

- ◆ **Distribute a new *Weekly Recovery Journal* sheet** and encourage participants to continue using the journal to record their successes and challenges in recovery in the weeks and months to come. Provide extra copies if requested.
- ◆ **Go around the room quickly and ask participants to share the most important thing they learned from today's lesson.**
- ◆ **Ask each person to complete an evaluation.** Thank people as they leave and extend an invitation to return next week.



RECOVERY GOALS MAP



LEGEND

L=Leads to
P=Part

Back to the Future

Instructions:

Pretend you are able to travel into the future, to the time when the problem that brought you here is solved.

There you meet a wonderful person — the wonderful, older, wiser you of the future.

Write a letter to yourself from your older and wiser self of the future. Use the following questions to guide you:

- ☺ What do you think your older, wiser self would suggest to you to help you reach your recovery goals?
- ☺ What would he/she ask you to remember?
- ☺ What would your older, wiser self tell you to keep on doing more of?
- ☺ What would he/she say to comfort you and give you encouragement?

Source: *Exercise based on an approach originated by Yvonne Dolan,*
<http://www.solutionmind.com>

Back to the Future
(worksheet)

Dear _____,

*with love,
your older, wiser self*

SESSION EVALUATION OF *STRAIGHT AHEAD*

SESSION 9

THIS BOX IS TO BE COMPLETED BY DATA COORDINATOR:

[FORM 78; CARD 01]

SITE # <input type="text"/> <input type="text"/> <input type="text"/> [5-6]	CLIENT ID# <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> [7-12]	DATE: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> MO DAY YR [13-18]	COUNSELOR ID# <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> [19-20]
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Please answer these questions based on what you learned today. Select the best single answer.

1. Once you've identified a goal it's helpful to:
 - (1) Put off taking any action
 - (2) Identify several steps to "get the ball rolling"
 - (3) Identify potential challenges and how to handle them
 - (4) Dwell on your past mistakes
 - (5) 2 and 3 above [21]

2. Setbacks are a mark of failure. 0=True 1=False [22]

3. The person most able to solve your drug problem is:
 - (1) Your treatment counselor
 - (2) Your spouse or partner
 - (3) Your NA sponsor
 - (4) You
 - (5) None of the above [23]

4. It's best to avoid goals that are realistic and specific. 0=True 1=False [24]

5. A good idea for managing a setback is to:
 - (a) Ignore it
 - (b) Pretend it didn't happen
 - (c) Talk it out with someone
 - (d) Feel guilty about it
 - (e) 3 and 4 above [25]

Straight Ahead

Session 9 Evaluation

Page 2

For the following items, please circle the number on each line to show how you feel about this session.

Full	1	2	3	4	5	6	7	Empty	[26]
Rough	1	2	3	4	5	6	7	Smooth	[27]
Weak	1	2	3	4	5	6	7	Powerful	[28]
Relaxed	1	2	3	4	5	6	7	Tense	[29]
Worthless	1	2	3	4	5	6	7	Valuable	[30]

Now circle the number on each line to show how you feel right now.

Pleased	1	2	3	4	5	6	7	Angry	[31]
Quiet	1	2	3	4	5	6	7	Aroused	[32]
Afraid	1	2	3	4	5	6	7	Confident	[33]
Excited	1	2	3	4	5	6	7	Calm	[34]
Worthless	1	2	3	4	5	6	7	Valuable	[35]

If mapping was used in this session, place an “X” on each line to show your opinion about it.

Mapping was...

Interesting	1	2	3	4	5	6	7	Uninteresting	[36]
Difficult	1	2	3	4	5	6	7	Easy	[37]
Comfortable ...	1	2	3	4	5	6	7	Uncomfortable	[38]
Worthless	1	2	3	4	5	6	7	Valuable	[39]

