



For fun, strength
and wellbeing

Worksheets for interventions based on Cognitive Behaviour Therapy

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Worksheet One – Weighing up alcohol and other drug (AOD) use

Things I like about using AOD		Things I don't like about using AOD	
	Importance		Importance
Things that would be worse if I did not use AOD		Things that would be better if I did not use AOD	
	Importance		Importance

On balance my life would be if I did not use AOD

Worksheet Two – Identifying your patterns of alcohol and other drug (AOD) use and your cravings

Over the last few times you used or wanted to use AOD:

Where were you?	Who were you with?	Had anything significant happened	What were you thinking?	What were you feeling?

Behaviours	Physical Feelings	Thoughts

= CRAVINGS

Worksheet Three – Strategies to manage your cravings

High-risk Situations	Cravings Management Plan	Things I will do

Worksheet Four – Activities and treats to enjoy

Day-to-day things that need to get done	Activities to enjoy	Treats
When -	When -	When -
When -	When -	When -
When -	When -	When -
When -	When -	When -
When -	When -	When -

Have a look at this list for some possible ideas of what to do:

- | | | |
|----------------------------|---------------------------|----------------------------|
| Listening to music | Going horse riding | Throwing parties |
| Playing soccer | Lying in the sun | Going to parties |
| Playing golf | Talking to others | Exercise |
| Having a bath | Camping | Having a meal with friends |
| Going for a swim | Going on holiday | Singing |
| Going for a job | Going to the beach | Going sailing |
| Watching a movie | Going fishing | Praying |
| Watching favourite TV show | Having a relaxed evening | Going to concerts or plays |
| Going shopping | Debating | Sewing |
| Going bowling | Going to the zoo/aquarium | Working |
| Eating | Reading books | Sex |
| Going to the gym | Playing board games | Reading poetry |
| Playing cricket | Volunteering | Cooking |
| Playing hockey | Having a BBQ | Surfing |
| Driving | Eating out | Playing video games |
| Doing jigsaws | Acting | Have coffee at a café |
| Buying things | Cleaning | Riding bike |
| Playing basketball | Meditating | Playing pool/billiards |
| Doing martial arts | Playing with children | Looking at photos |
| Playing netball | Sleeping | Walking |
| Visiting family and whānau | Bushwalks | Yoga |
| Playing volleyball | Playing squash | Going canoeing |
| Picnics | Playing tennis | Painting/drawing |
| Playing cards | Gardening | Skating |
| Discussing politics | Photography | Skiing |
| Playing with pets | Surfing the internet | Writing |
| Woodworking | Getting hair done | Reading newspaper |
| Getting a massage | Kissing | Dancing |
| Watching a sporting event | Going to museums and | Rock climbing |
| Hobbies (eg, collecting | Doing crosswords, word | Aquarobics |
| Going to Garage sales | Playing guitar, drums, | Listening to the radio |
| Going to church, temple, | keyboard | |
| mosque, synagogue | Working on car/bike | |

Source:

[http://www.med.unsw.edu.au/NDARCWeb.nsf/resources/AOD5/\\$file/Pleasure+and+mas+tery+worksheet.pdf](http://www.med.unsw.edu.au/NDARCWeb.nsf/resources/AOD5/$file/Pleasure+and+mas+tery+worksheet.pdf)

Worksheet Five: Relapse Prevention Plan

Early Warning Signs

High-risk Situations	Management Strategies	Reward

General strategies to use in an emergency

Extra skills needed	How to get them

Worksheet Six: Functional analysis

Trigger	Thoughts and feelings	Behaviours	Positive consequences	Negative consequences
What happened before I used?	What was I thinking and feeling?	What did I do as a result?	What good things happened because of using?	What things I didn't like happened because of using?

Worksheet Seven: Safer decision making

Decision	Safer alternative	Riskier alternative

Practice monitoring and recording the decisions, big and small, that you make during the day.

Worksheet Eight: Diaphragmatic or abdominal breathing

When tense, a person's breathing is rapid and shallow, only using the top third of their lungs. When breathing like this too much carbon dioxide is released and this can lead to: light-headedness, breathlessness, feeling of suffocation, blurred vision, and numbness or tingling in hands or feet as well as a hot, flustered feeling. This is called hyperventilation and can lead to constantly feeling anxious and apprehensive and can possibly lead to panic attacks.

Learning to use more of your lungs, by diaphragmatic/abdominal breathing can reduce the chances of this happening and can stop the cycle of getting tense, breathing shallowly and then feeding the tension with anxiety and so on.

1. Sit as comfortably as possible in a chair or lie on the floor with your head, back and arms supported
2. Close your eyes if that will help you concentrate
3. Place one hand on your stomach right beneath your rib cage and the other on your chest
4. Breathe faster and feel how shallow and rapid your breathing is and how only the chest moves as you breathe
5. Now breathe in deeply and slowly, concentrating on pushing the air as low and deep into your lungs as possible, feeling the hand on your stomach move up as you do it
6. When you are breathing deeply into your lungs the hand on your chest should hardly move at all
7. When you have taken a full breath, hold it briefly before breathing out
8. Keep practising until you think you can do it relatively easily

How to use abdominal breathing to reduce tension and anxiety:

1. Rate your level of tension and, if you can, count your pulse rate
2. Breathe in slowly counting to four, before breathing out to the count of four (four seconds in, four seconds out). Repeat this 10 times. Hold the final breath for 10 seconds, and then breathe out
3. Now re-rate your level of tension and take your pulse rate and see if they have changed
4. Repeat as necessary

Controlled breathing can help reduce overall levels of tension when used consciously several times a day. It is also useful when faced with stressful, high-anxiety or high-risk situations when a lapse is possible.

Adapted from:

[http://notes.med.unsw.edu.au/NDARCWeb.nsf/resources/AOD5/\\$file/Controlled+abdominal+breathing.pdf](http://notes.med.unsw.edu.au/NDARCWeb.nsf/resources/AOD5/$file/Controlled+abdominal+breathing.pdf)