Prevention of Relapse Workbook

Julie Fraser, Dr A. Warner, Parkes Prison, N.S.W. 1990
With thanks to the Department of Corrective Services
and NCADA

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Chapter 1
Beginning

Flow chart
Stopping

Until one is committed, there is hesitancy; the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.

* All quotations in calligraphy are from Susan Hayward's books, A Guide for the Advanced Soul and Begin it now.

1.
In Chapter 1 the flow chart takes a high risk situation - being offered heroin in the pub when you're feeling low - and looks at two possible outcomes. In the one at the bottom of the page the person trying not to use isn't prepared, hasn't decided yet how s/he will cope with having to knock back a shot when s/he really wants one. By giving himself or herself messages about failure and guilt s/he probably goes from using once to a full physical addiction.

In the situation on the top of the flow chart the person trying not to use feels confident because s/he has prepared what to do. Because s/he has planned what to do, s/he is able to leave the pub and phone a supportive friend. There is less chance that s/he will relapse, even if s/he uses once.

This workbook is designed to help men and women heroin users and ex-users in gaol learn about how to gain the skills to prevent relapse. You can do these exercises alone but you will learn more if you share your responses with a counsellor, a drug and alcohol group, or with a friend. (If you feel that you don't have enough privacy to write in the workbook use separate papers, or use abbreviations, or a code.) Probably you are already participating in the Drug and Alcohol Program in your gaol. If not, maybe this is a good time to gain support by starting some counselling or groupwork! You begin by making an appointment with the D&A Worker.
INTRODUCTION

This flow chart makes a few important points which may seem strange to you if most of your previous information about the prevention of relapse comes from NA meetings and groups in rehabilitation centers that use an Narcotics Anonymous/Alcoholics Anonymous model.

In the medical model used by NA if you want to be drug free you see yourself as a powerless person dependent upon both the group and God as you perceive him. You are seen as weak and powerless; one fall from "abstinence" will probably bring about your total relapse. As a "recovering addict" for life you maintain your "sobriety" by maintaining contacts with other "recovering addicts". Sound familiar? This is the model most of us are most familiar with because it works for lots of people. But maybe you are one of the people it hasn't worked for. If it hasn't worked for you it may be because you haven't accepted the full responsibility for your drug use, or because you've been calling yourself a failure.

These are the beliefs that the relapse prevention model used in this workbook are based on:

1. You are completely responsible for your use/relapse.

2. You learn coping responses for difficult situations in advance.

3. You feel more confident even in high risk situations because you make choices. You choose strategies to prevent relapsing.

4. Instead of expecting to achieve perfection and success you expect learning and achieving small goals.

5. If you do relapse and have a shot you view that as a learning experience, teaching you what situations, places and people may trigger a relapse next time, not as failure. You stop using and begin relapse prevention strategies again.

6. As you consistently refuse to give in to the cravings for drugs the cravings will gradually decrease and probably go away eventually.
7. After having an image of yourself as a drug user, and as a non-user, you'll probably want to move on to a new identity of yourself as an individual.

How does this sound to you?

The next section is on having your last hit once you have made the decision to stop using. Now's the time to review the reasons you want to stop and the costs and benefits of stopping. Planning ahead by setting a date and planning a ritual will make this time different for you.
STOPPING.

If you have already stopped using skip the bits that are not relevant!

1. Make a list of the reasons why you want to stop using:
   1.
   2.
   3.
   4.

2. Make a list of the good things that will happen as soon as you stop using.
   1.
   2.
   3.

   In the long run?
   1.
   2.
   3.

3. Make a list of the difficulties that you will have to cope with as soon as you stop using.
   1.
   2.
   3.

4. Write a contract stating the exact details of when you will stop using heroin. Think of a non-stressful time approximately two weeks away. Will you have a ritual to dispose of your drug use gear? Your fit, spoon, stash, etc? Plan substitute activities to make up for your sense of loss. Use some of the money you are saving to plan a treat for yourself. What will that be?

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

Remember: you are in charge of your own recovery, not a victim of forces beyond your control.
Chapter 2

You're responsible: Making choices

- Placing yourself on the line
- Positive things about my using heroin
- Negative things about my using heroin
- Stages
- The part that wants to use

Experience is determined by yourself - not the circumstances of your life.

GITA BELLIN
In "Placing yourself on the Line" you look at how close you are to wanting to stop using. Most people who are in the process of giving up heroin go through some of these stages several times. They decide to give up, stop using, and then begin again, decide to stop, stop, etc. Sometimes it takes years, but how long it takes is up to you!

"Reasons I used heroin" shows what good feelings you have had when you have used, because if you stop you will want to find other activities which provide similar good feelings.

It is also important to look at the costs to you of using heroin. People often decide to stop when there are more negative things than positive things about using for them.

"Stages" gives you an idea what you feel about drug use, how close you are getting to having a drug free life.

In "The part that wants to use" look at the part of you that still wants to use and separate the part of you that wants to use from the part of you that doesn't want to use. If you deny feelings of wanting to use and just hope they will go away they will appear when you are in a high risk situation, when you aren't prepared for them!
Placing yourself on the line

Presumably you are reading this because you have been physically and psychologically addicted to heroin and are deciding not to use. Making that decision looks something like this:

Where would you place yourself on this line? Why? Write a Paragraph or so on the blank page opposite.
Especially if you are between point 4 and point 7, working through these exercises will help you make planned decisions to prevent relapsing. Your being drug free is entirely up to you and will only occur when you want it to, but working through these exercises will help. If you are working with a counsellor or a friend or a group you could discuss these exercises to get more help and support.

You have probably been using heroin for a long time and had good reasons for using it. It is important that you see what those things are. This will help you identify what things you will miss and want to replace.

**Reasons I used heroin**

Sample:

1. I felt relaxed when I had a shot.

2. I felt more comfortable with straight people.

Now make your list:

1. 
2. 
3. 
4. 
5. 
6. 

10.
Negative things about my using heroin

Now make a list of the negative things about using heroin.

Sample:

1. I robbed banks to support my habit.
2. My girlfriend who was straight left me.

Now make your list:

1.
2.
3.
4.
5.
6.

Next you look at statements which are typical of how people who are using heroin feel as they progress toward giving up and living a new lifestyle. Reading the statements and marking your responses will give you an idea of how far you've progressed. You might be surprised that some of these feelings are shared by other people who are trying not to use. You may have thought you were the only one who felt this way.
Stages.

These are stages which some people have gone through since they've used drugs.

Mark a "P" in front of the statements which you have had to deal with in the past but which are not problems for you now.

Mark a "N" in front of the statements which you are dealing with now.

Leave blank the statements which are not relevant for you.

I live only for the moment; I want instant gratification.

Other people have stopped giving me the support they used to.

I experience a lot of pressure to change.

I cannot trust people

I feel I have hit bottom.

I see the world as a horrible place.

I honestly ask for help.

I am beginning to talk about my feelings about drug use with a positive supportive person.

Part of me wants to stop using and part of me wants to keep using.

I feel uncertain about what I should do.

I cannot imagine living a straight lifestyle.

I worry about having enough personal strength to give up drugs.

I distrust the straight world.

I feel stressed.

I want drugs all the time.

I fantasize going back to using drugs in a controlled way after I stop being physically addicted.
I am alone a lot.

I feel uncomfortable with straight people.

I feel guilty about some of the things I have done.

I am afraid to imagine what life would be like if I did not use.

I do not tell straight people about my past.

I am moody.

I am becoming enthusiastic about the idea of not using.

Sometimes I feel idealistic about the world not being such a bad place.

I make a decision to give up using heroin but to continue using another drug/s.

I cut off relationships with my friends who use.

I set new practical goals for the future.

I try to develop relationships with people who don't use.

I begin full-time studying or working in a full-time job.

I enjoy living my life without drugs.

I start doing some new activities.

I become better at coping with stress and pain without using.

I have developed some good ways to cope without using.

I have people I can turn to for support if I feel like using.

I don't feel a craving for drugs so often now.

I am feeling pretty good about myself.

I have decided not to use alcohol and marijuana as well as hard drugs.

I have tried to help some addicts I know.

I feel as though I am no longer a user. Now I see myself as a non-user.
I have talked about my past carefully to people I trust.
I feel that I am working hard on my personal growth.
I am making a few close friends, people I can trust.
I feel as though my life is coming together.
I deal with guilt about my past.
I can talk about my past without shame or fear.
Sometimes I feel like I am straight but I don’t forget the past.
I no longer feel tempted to use drugs.
I help others often.
I feel open to learning new things about myself.
I feel as though I am in love with life.
I accept challenges and responsibilities.
I deal with stress.
No matter who I am with or where I am, I no longer want to use drugs.

Where do your responses fall? At the beginning of the list or toward the end?

How do you feel about where your responses are?

The next section asks you to recognize what part of you still wants to use.

1. Adapted from U.S. p.65
The part that wants to use......

An important part of responsibility is telling yourself that part of you still feels urges to use drugs.

Write a conversation between the part of you that wants to use and the part of you that doesn’t want to use.

<table>
<thead>
<tr>
<th>Part that wants to use:</th>
<th>Part that doesn’t want to use:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sample:</strong></td>
<td>Absolutely never again!</td>
</tr>
<tr>
<td>C’mon, let’s have a shot.</td>
<td></td>
</tr>
<tr>
<td>Just this once. It’s free</td>
<td></td>
</tr>
<tr>
<td>and it won’t hurt just this</td>
<td></td>
</tr>
<tr>
<td>once......</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Aw, shut up. I’m trying hard......</td>
</tr>
<tr>
<td>You’re so straight now.</td>
<td>Just because I’m not using</td>
</tr>
<tr>
<td>Such a drag. A Squarehead.....</td>
<td>doesn’t mean I’m a boring person......</td>
</tr>
</tbody>
</table>
Chapter 3

What triggers relapse?

- Psychological addiction
- Craving
- 10 most common dangers
- Frank: a case to consider

To see your drama clearly is to be liberated from it.

KEN KEYES, JR.
Handbook to Higher Consciousness
In Chapter 3 you look at psychological addiction (which is wanting to use even when you're not physically dependent) and how to make cravings for drugs go away. "The 10 most common dangers" is simply a list of when other ex-users have wanted to use again. In "Craving" you write about when you have wanted to use this week. It is important to admit that you still want to use and to work out the places, situations and people that surround you when you want a shot. If you are aware of what triggers your cravings you know what to avoid.

"Frank" in "a case to consider" buys a foil because he feels good and has the day off work. 10% of heroin users relapse because they feel good!* Has a story similar to Frank's happened to you?

* See appendix II

18.
Psychological addiction.

Even years after you have detoxed you can have a psychological addiction, a craving to use drugs especially when you are around users and places where you have used or scored.

The more your life has evolved around drug use, the more powerful the craving will be. Seeing your old dealer's place can trigger powerful cravings which can be especially difficult if you have just left gaol.

Temptations lose their effect slowly. Plan ahead, be aware of dangerous situations, people and places. Plan good support for the times you will need it. Each time you refuse to give in to craving, that place or person becomes less powerful and you become stronger. Take control and eventually the cravings will become weak.

One Handbook says,

"Imagine that a cat has come to your door each day because you leave food out for it to eat. Finally you decide to stop doing this. For a while the cat still comes by and cries out for food. Eventually, though, the cat will leave. But if you put food out again, even once, the cat—who's still stalking the neighbourhood looking for a meal—will probably start coming back more often, loud and strong, because he quickly relearned what a generous and easy household you have." ²

Your addiction is like that whining. Each time you feed it you encourage it.

"If you substitute other drugs in order to avoid the ones you were addicted to, rather than reducing your craving, you may just be keeping it going, just as feeding the cat scraps tends to keep it lurking around your door waiting for a full meal. ... The 'cat' inside your nervous system never totally leaves, and if you give him reason to return to your doorstep, even a few times, he will soon begin to howl again as loud as ever." ³

2. U.S. p.68
3. U.S. p.68
Being exposed to craving situations and not getting high weakens the craving triggers.

Each time you say "No", you become stronger and the power of heroin becomes weaker.

cat pinned on household scraps.

This week have you been feeding the cat or starving the cat?
Craving

A craving is the desire for instant gratification through drug use.

Keep a diary of cravings and urges for drugs you experience in the next week. Rate each on a scale of 0-10. How many seconds/minutes/hours did each last? What were the high risk places, situations and people for you this week? How would using have affected your behaviour if you had used?

Instead of saying "I am dying for a hit," think, "I am experiencing a craving for a hit. This is a useful signal to me that I need to cope with this situation carefully." The more you experience craving without responding, the quicker it will go away.

Sample:

I wanted a hit this morning when I saw my cell mate have one. I'd say on a scale of 0-10, maybe 7 or 8. I really wanted one for about 15 minutes. Then she nodded off and I had to go to work so I kept busy and forgot about it a bit. It'd be better if I had a cell mate who didn't use so that I wasn't tempted in the cell; both the cell and my cell mate are high risks for me. If I had used I might have missed work or even lost my job.

Day 1:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Day 2:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Day 3:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Day 4: ____________________________________________

________________________________________________________________________

Day 5: ____________________________________________

________________________________________________________________________

Day 6: ____________________________________________

________________________________________________________________________

Day 7: ____________________________________________

________________________________________________________________________

What did you learn from keeping this diary for a week?

________________________________________________________________________

________________________________________________________________________
THE TEN MOST COMMON DANGERS

1. Being in the presence of drugs, drug users, or places where you used to cop or get high.
2. Negative feelings, particularly anger; also sadness, loneliness, guilt, fear, and anxiety.
3. Positive feelings that make you want to celebrate.
5. Getting high on any drug.
7. Listening to drug stories and just dwelling on getting high.
8. Suddenly having a lot of cash.
9. Using prescription drugs that can get you high even if you use them properly.
10. Believing that you are no longer stimulated to crave drugs by any of the above situations, or by anything else—and that therefore it's safe for you to get high occasionally.

Think about yourself and these 10 dangerous situations. Which are most important for you. Do you want to star them? Write about them if you want to:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

4. U.S. p.72
Reading about Frank may be like reading your own story if you've relapsed when you didn't intend to, when everything seemed to be almost perfect.

Frank: a case to consider

I'm confused and upset. I shot some dope the other day. Don't ask me why because I don't know why. I mean I know I did it—but I didn't want it to happen.

The day started off great. It was a holiday and I didn't have to go to work and I was really in a good mood. So I just walked downtown thinking I might do some shopping. Then I ran into this guy I used to hang around with. Actually he came up to me and we talked but I left before drugs were even mentioned. After I walked away I thought about this place where I used to buy some pretty sharp clothes and it wasn't too far away—so I headed over there.

All I wanted were some shirts or jumpers I'd look good in. To get to the store I had to pass near where I would sometimes score. Believe me, I had no intention of getting drugs and for all I knew the dealer didn't even live around there anymore. But I really started thinking about the old days as I got closer to that flat. And then I felt an urge. I wasn't going to do it—I just wanted to. That's when these two other guys I used to know—users, but nice guys—saw me and asked me was I looking for something. I said, "Not really." I didn't want to say I wasn't using drugs because if that was true I'd have no reason to be standing on that corner. It was a real weak feeling. Then one of the guys took out a joint and we smoked it. (Actually I had a little pot at a party recently.) I can't even think about what happened next. But a half-hour later they had my money and I had bought a foil. I got high, but I felt disgusted. It was sickening.

Now you're not going to say anything, will you? My parents think everything's great because of my job and flat and all that. And I have this straight girl friend. She doesn't even know about the past. I sort of want to tell my cousin—the one who used to take pills and drink—since he's been clean for years and helped me a lot. But what could he say to me that I don't already know? I know I shouldn't have been there and I already feel terrible. Maybe I'll never be strong.

5. U.S. p.73
Strategies to prevent relapse

- What opportunity to learn does this give me?
- Positive use of relapse: perfection or learning
- Making choices: traffic lights
- It’s o.k.
- Friendship and support

Since the mind is a specific biocomputer, it needs specific instructions and directions.

The reason most people never reach their goals is that they don’t define them, learn about them, or ever seriously consider them as believable or achievable.

In other words, they set them up to lose.

Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.

DENIS WAITLEY
Chapter 4 gives you methods to help you prevent relapse. "What opportunity to learn does this give me?" tells you how to use relapse as a positive learning experience. It is especially helpful if you have this in front of you after you've had a shot because it encourages you to stop after one.

"Positive use of relapse: Perfection or learning" helps you change the messages you give yourself when things don't go well. Changing the way you think will change the way you feel. If you feel confident you are less likely to relapse.

"Making choices: traffic lights" gives you a suggestion of how to take 30 seconds to choose whether to hit up or not.

"It's OK" gives you permission to have feelings that are painful. It gives you the power to feel the feelings rather than kill them with drugs.

Friends who will encourage you not to use drugs are very valuable. You go to different friends for different needs. "Friendship and Support" helps you sort out which friends help you in which ways. Possibly the most valuable friend is someone you trust to tell you when you're on the wrong track. Friends are some of the resources you can depend on to help prevent relapse.
After Frank (in Cases to consider) used he didn't have any plans on what to do next. This is how you (and Frank) can use relapse as a positive learning experience.

**WHAT OPPORTUNITY TO LEARN DOES THIS GIVE ME?**

Woe! I told myself all this great stuff, told everybody that I'd never ever use again and now I've had a shot. I feel dirty on myself. I didn't even enjoy the shot much, and I've let everyone down. In the past if I had one shot I kept on using and using. This time I'm going to stop with this one. HELP!

1. Stop being down on yourself.
2. Congratulate yourself on how long you went without using! Is that the longest time you have not used?
3. Congratulate yourself on stopping after one shot. Have you ever stopped after one shot before?
4. Write out:
   - I used because _________________________________________________________
   - _________________________________________________________
   - _________________________________________________________
   - I was at (where were you?) _________________________________
     _________________________________________________________
     _________________________________________________________
   - I was with _________________________________
     _________________________________________________________
     _________________________________________________________
   - I stopped after one shot because _________________________________
     _________________________________________________________
     _________________________________________________________
     _________________________________________________________
   - From using this time I have learned _________________________________
     _________________________________________________________
     _________________________________________________________
Positive use of relapse:

Perfection or Learning

When you aim for perfection you think in terms of:

1. it has to be 100% correct
2. it is right or it is wrong
3. I judge myself and I judge others
4. I feel unwilling to take risks because I am afraid of failing, of not being perfect.
5. I feel afraid to learn new things because I might fail.
6. I am a winner or a loser
7. If I don’t achieve success I’m a failure.

If, instead of perfection or success, you aim for discovery you are motivated by:

1. learning
2. creativity
3. problem solving
4. acceptance
5. willingness to take risks
6. achieving a little at a time
7. things not being 100% right or 100% wrong

Let’s apply this to the positive use of relapse. Suppose I am trying not to smoke cigarettes and I usually smoke 40 a day. After I haven’t had any for three days I have an argument with my boss and have one. If I am aiming for perfection I will be dirty on myself and give myself messages like....
Aw, I'll never be able to stop smoking.

This is the 6th time I've tried to stop and I'm a failure again.

I guess I'll be a smoker forever. I'll never be able to give it up.

I feel rotten.

Because I haven't measured up to my own standards of perfection I tell myself that I'm a failure. How many cigarettes will I smoke the next day?

If I aim for discovery instead of success or perfection what do I say to myself?

Boy, I must have been really thrown by that argument if I let something like that upset me so much that I smoked.

Well, I'm not perfect but that's 3 days I haven't smoked. I'm not going to start smoking again just because I slipped once.

I've had one cigarette today; that's 39 I haven't had. Not perfect but pretty good.

I'm proud of how I've been giving up smoking. One mistake isn't the end of the world.

I had trouble after the blue with my boss. If I have another argument with someone I'll have to be especially careful not to smoke again. If I have any argument I'd better go and cool off with a non-smoker. Maybe I'd better be especially careful on Monday mornings too.

If I give myself these positive messages how many cigarettes will I smoke the next day?
If you relapse and use will you view it as a failure or as a learning experience?

What messages might you give yourself which would cause you to use again?

What messages could you give yourself which would help you not to use again if you relapsed?

Here are some positive responses to negative statements which may help. Read the positive list aloud to yourself occasionally.

<table>
<thead>
<tr>
<th>What's the use of trying when I know I'll fail again?</th>
<th>How can I be so sure I'll fail when I haven't tried? There's a first time for everything.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can't do without heroin when I'm depressed.</td>
<td>I just have to remember what my main goal is and not be distracted by side issues.</td>
</tr>
</tbody>
</table>
A shot would make me feel good right now. I'm trying to make myself feel better instead of trying to get better.

I need some smack I want it but I don't need it.

I shouldn't have hit up Blaming myself doesn't help me change and may do more harm than good.

I just don't have any willpower. I have changed other habits and have controlled my drug use before.

Instead of demanding perfection of yourself you can enjoy learning and discovery. Then a slip, one cigarette or one hit, becomes a positive learning experience, not a failure. You then begin not using again. You continue growing and learning.

6. Adapted from Kidman, P113-114
What I can do to prevent using next time is

Consider making a contract to not use for a certain period after a relapse (one week to one month). This gives you time to think and make a decision.

Include in the contract that the first lapse (if impossible to prevent will involve a single dose.

Write out this contract. Keep it in your pocket or wallet.

Write your contract here

ADIS - 24 hour counselling by phone & referrals to detoxes and rehabs. 331-2111 in Sydney, 008-422599-out of Sydney.
MAKING CHOICES: traffic lights.

One inmate told me this worked for him: when he had the chance to have a shot he used to jab it straight into his arm without thinking. If someone asked him why he used he didn't know. Using seemed to him to be a purely physical action which did not involve feelings or thinking.

Then someone asked him whether, when he was driving, he always managed to hesitate at a traffic light long enough to make a choice, to decide whether to stop or go? If he could manage to take 30 seconds to make that decision, couldn't he take 30 seconds to make the decision whether to use or not? Now he pictures a traffic light and makes a choice.

Frank (in Cases to consider, p. 24) didn't take the time to choose whether to use or not, didn't take the time to make a decision.

Last time you shot up how long did you take to decide whether to shoot up or not?

How much time will you take to decide next time?

To take responsibility for your relapse prevention, you have to take responsibility for making choices.
Sometimes when you have had a hit without thinking in the past it is because you have felt bad about something—after you have felt pain or guilt or unconfident or anxious or scared or sad or even ill. The message you were giving yourself was that it wasn’t o.k. for you to feel uncomfortable so that you had to have a hit to feel normal and comfortable.

This exercise, an affirmation to read aloud, is to help you accept the idea that it is o.k. to feel uncomfortable. Feeling pain, guilt, lack of confidence, anxiety, fear, sadness, etc., are a part of everyone’s life which you can handle without drugs if you change the messages you tell yourself. Changing what you think will change what you feel.

IT’S O.K.

Read this aloud to yourself.

AFFIRMATION

It’s o.k. for me to feel down.

It’s o.k. for me to feel pain.

Pain is part of life.

If I shut out pain I shut out joy.

The only way I can have the highs without the lows, the joy without the pain, is by killing the feelings with drugs.

By choosing not to use heroin I am choosing to experience all the feelings, all the emotions, to feel fully alive.

When I stop using drugs I will grow up emotionally at a faster than normal rate. This will cause some hurt as well as some good feelings. Although I can cope with the bad feelings and the good feelings without using, it is a good time to have a good friend to talk to. But, even on my own, I allow myself to get upset and still not need to use.

I am a powerful person. I am in charge of my drug use.

Read this aloud. Put in the name of your friend/friends. If the wording sounds uncomfortable to you, rewrite it in the words you feel comfortable with but don’t change the positive, empowering message. Check what you have written with someone else to be sure what you have written is 100% positive and clear.

Read your affirmation aloud to yourself every day.
FRIENDSHIPS AND SUPPORT.

One of the most helpful strategies to prevent relapse is to ask for help from other people. This exercise will help you work out which friend you can depend on in which situation.

1. I can learn from/be inspired by ________________________________
   about ________________________________
   ex. Gary B. about how to study
   ________________________________
   ________________________________
   ________________________________

2. I can trust ________________________________ to ________________________________
   ex. Janelle to keep confidences I tell her

3. I can have fun and relax with:
   ________________________________
   ________________________________
   ________________________________

4. I can learn with:
   ________________________________ about ________________________________
   ________________________________ about ________________________________
   ________________________________ about ________________________________
   ________________________________ about ________________________________

5. I can share verbal/physical intimacy with:
   ________________________________
   ________________________________
   ________________________________
6. I can talk about personal problems with:


7. I can count on ______________________ to help in a crisis:


8. I can count on ______________________ to tell me honestly if I am on the wrong track.


Now write a paragraph or more telling in what ways you offer friendship and support to others.
Chapter 5

Coping by planning ahead.

- Stressful situations
- Plans for situations where you want to use
- Cases to consider
- Endorphins
- Is it a problem?
- Am I in control?
- Pain medication
- Pain medication: cases to consider
- People who still use drugs
- Saying no: cases to consider

37.
Chapter 5 helps you plan how to deal with "stressful situations" and observe times and situations where you'll want to use. "Cases to consider" gives you the opportunity to practice solving problems which could occur after you're released. While you're in gaol you have time to plan how you'll manage situations outside. The more thinking ahead you do, the less likely you are to be caught unaware, the better prepared you'll feel.

"Endorphins", "Is it a problem", and "Am I in Control" introduce the idea that to feel better faster, and to prevent relapse, the best method is to give up the use of all drugs when you give up heroin. This gives your body the chance to resume making natural endorphins as quickly as possible.

"Pain medication" and Pain medication: cases to consider" are about managing pain without relapsing. "People who use drugs" and "Saying no" anticipate problem situations in the community and help you decide how you'll handle them when you get out.
STRESSFUL SITUATIONS

Stressful situations are part of everyone's life and can't and shouldn't be avoided. You are kidding yourself if you think that life after gaol won't be stressful! Real strength in dealing with stress comes from preparation so that you don't have to use drugs. Here is a list of things you can do when you know a stressful situation is coming up.

1. Share your concerns with someone before the event happens. Sharing your real feelings will relieve the pressure, get you the support you need, and help you understand what you have to do.

2. Know what you are having to cope with by gathering the facts in advance. This will help you make informed decisions and view things realistically.

3. Keep sight of your priorities. First of all, don't use. Then set small steps to achieve and don't expect impossible standards of perfection. Decide in advance what is important and concentrate on only a few things at a time.

4. Use your supportive friends to help you. Try not to have to face a troubling situation alone. Take a friend along, especially if you might feel very emotional - either very happy or very sad.

5. Exercise regularly to relieve stress and feel good. Running is especially helpful because it produces endorphins.

6. Meditate! If you don't know how, ask someone to teach you. Then practice! Meditation makes you feel calm and relaxed because when you meditate your body produces endorphins.
PLANS FOR SITUATIONS WHERE YOU WANT TO USE

Make a list of situations where you want to use. Write out a plan for how you will avoid using in each situation. Remember, experiencing cravings and not giving in to them brings you one step closer to ending them:

Example: On Sunday afternoons after visiting is over I often feel depressed, whether I have had a visit or not. I think about having a shot, especially if I am around: A__________ and B__________ who are using.

Plan: I will arrange to work out or run laps or have coffee with C__________ or D__________ or E__________, who don’t use and will be supportive. If I can’t do this I will go to my cell and at least avoid A__________ and B__________.

Your list:

Situations #1__________________________________________________________

__________________________________________________________

Plan #1 _______________________________________________________

__________________________________________________________

Situation #2__________________________________________________________

__________________________________________________________

Plan #2 _______________________________________________________

__________________________________________________________

Situation #3__________________________________________________________

__________________________________________________________

Plan #3 _______________________________________________________

__________________________________________________________

40.
To continue planning how to cope before you face a difficult situation here are four examples of stressful times. Read all four and then select two to write about.

**CASES TO CONSIDER**

**Paul:** It's Wednesday night and Paul is fearing another lonely weekend: "Like tonight it's not so bad because after a day's work and my meeting I'm tired. But on the weekends I need a change and some fun. Nobody seems to want to invite me to anything or really get to know me. I must seem like a loser or something--I sure do feel like one. At least there used to be parties and people to hang out with whenever I wanted to. Well---maybe there will be some good weekend movies on TV. I'll just try to be strong."

**Deborah:** The court date is fast approaching. Deborah's lawyer says it could go either way: If the judge decides for her, she and her baby can stay in the flat and the landlord will have to make repairs immediately; but if the decision is against her, she will be evicted for not paying rent (which she claims she shouldn't pay due to the rotten conditions in the flat). She has endured so much to make a better life for herself that she does not know what she will do if she gets evicted---or even how she will get through the day of the court decision. She is worried sick over it, and keeps telling herself endlessly, "I have to be strong, I have to be strong."

**Jack:** When he was high, Jack used to manipulate his ex-wife to allow him to visit her and his child and sometimes ask for money. He knew she hated to see him on drugs but he just couldn't handle those visits unless he was high. Now, several months out, he's doing his best to deal with life straight. He called his wife for the first time in ages, told her what is happening, and asked if he could come by for a visit and take his son to the movies. Reluctantly, she agreed. He really doesn't know how he will be received by his wife or his little boy, and he feels terrible heartache just thinking about them. But he knows that he must learn to handle occasions like this to regain the respect of his wife and share love with his son. Despite his fears he wants to appear to be very together when he goes there, and intends to be strong, very strong.

**Melissa:** Getting loaded was what parties meant for Melissa. Whenever she used to stay straight for a while in the past and then went to a party--bang!—that was always the start of another fall. How could she talk with people, or dance, or just relax without drugs or booze? How could she be interesting or attractive? And besides, everyone else seemed to using *something*. Now she knows how that kind of thinking can lead to trouble. But a friend—a good friend who wants her to open her life up and stay away from drugs—has just invited her to a party. Melissa said OK, but she doesn't know if she can really handle it. She will give it a try and sure hopes she will be strong.

7. U.S. p.86

41.
Pick the two people whose situations you most relate to. Make a list of what each could do to help cope with the stressful situations ahead.

1. __________________________
2. __________________________
3. __________________________
4. __________________________
5. __________________________
6. __________________________
Endorphins

Endorphins are made by your body to help you relax, to kill pain, and to give you the glow of achievement. When you use heroin your body stops making endorphins. As physical dependence occurs, it takes more and more heroin to give you a sense of well being. Your body produces less and less as you use heroin more and more.

When you stop using heroin, your body needs time to begin to produce natural endorphins again. This is why you feel so tense and irritable, feel as though you're not getting anywhere, and feel pain more intensely during and after withdrawal, until your body begins production again. The more pills, alcohol, marijuana, etc., you use, the longer your body will take to produce your own endorphins. Even tobacco will slow up production.

Three things help your body produce endorphins fast:

1. being drug free
2. exercising, especially running
3. meditating

What are you doing to stop your body from making endorphins?

______________________________________________________________

______________________________________________________________

______________________________________________________________

What are you doing to help your body begin producing endorphins again?

______________________________________________________________

______________________________________________________________

______________________________________________________________

Most people I've talked to in gaol hate the idea of giving up other drugs when they give up heroin. What do you think about giving up all drugs?

______________________________________________________________

______________________________________________________________

______________________________________________________________
In this exercise you continue looking at your use of other drugs besides heroin. Try to remain open minded and do the exercise even if you hate the idea!

IS IT A PROBLEM?

(1) Does your use of this drug frequently get in the way of doing things you had planned to do or felt you should do?

(2) Does it lead you to do things you later regret?

(3) Has it caused you to get in trouble through dirty urines or held you back in the classification system?

(4) Have you told yourself recently that you should use less of this drug, but have failed to cut down your use of this drug?

(5) Are you dishonest with yourself or others about how much you use?

(6) When you use this drug are you more likely to want to take other drugs?

(7) Are there times when using this drug is your main desire and other activities are secondary?

If you answered "yes" to any of the above questions your use of that drug poses a danger which might cause you to relapse because you are having trouble controlling your use of that drug. We all know people who have successfully given up heroin but still lead miserable lives because of their dependence upon marijuana or alcohol.

Marijuana and alcohol can, like food put out for the stray cat, keep you maintaining cravings which are temptations you don't need. And you certainly don't want new addictions! Be easy on yourself. Since these substances can threaten your ability to say no to heroin, say no to the lot and really enjoy the drug free lifestyle! Saying no to alcohol is saying yes to living fully, to really feeling emotions, to being able to cope with inevitable stresses.
To continue with the idea of giving up other drugs when you stop using heroin........

**AM I IN CONTROL?**

Drug of choice: ............................................

My rules about this drug are:

<table>
<thead>
<tr>
<th>Other Drug</th>
<th>This rule expires on:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Other Drug</th>
<th>This rule expires on:</th>
</tr>
</thead>
</table>

My rules about this drug are:

As you formulate your rule, remember that any continued drug use

<table>
<thead>
<tr>
<th>may:</th>
<th>will:</th>
</tr>
</thead>
<tbody>
<tr>
<td>become expensive</td>
<td>reduce clear thinking</td>
</tr>
<tr>
<td>lead to guilt and dishonesty</td>
<td>replace enjoying life</td>
</tr>
<tr>
<td>increase craving for other drugs</td>
<td>without drugs</td>
</tr>
<tr>
<td>increase contacts with users</td>
<td>delay your body's</td>
</tr>
<tr>
<td>pose health risks</td>
<td>production of</td>
</tr>
<tr>
<td>grow out of control</td>
<td>endorphins</td>
</tr>
</tbody>
</table>

9. U.S. p.114
PAIN MEDICATION

While you have been using drugs you have been masking your physical pains as well as your emotional pains. So coping with physical pain without using is a problem for most people trying to prevent relapse. Aches and pains are a normal part of life and it helps to think through how you can deal with pain without using medication before it becomes a problem that makes you want to use.

- How you perceive pain depends on the messages you give yourself. If you tell yourself positive messages (I can cope with this. It isn't nearly as bad as the time I------) you will lower your anxiety level and your sense of pain.

- Use relaxation/meditation techniques to calm down and relieve tension, and make endorphins.

- Use an aspirin or aspirin substitute if it is necessary. Don't use narcotics or alcohol to kill pain ever.

- Tell medical people that you consult that you have been an addict. Avoid drugs that will trigger cravings, especially opiates.

- Don't use drugs prescribed for physical pain to deal with emotional pain.

- If you have chronic pain seek help from a hospital or G.P. who knows of your drug use. Consider joining a chronic pain Peer Support Group.

- If you have medication for pain ask someone else to give you support and to hold the medication for you.

- Throwing away the left over medicine when the pain is over eliminates a source of craving. It is a false saving to store drugs.10

- If you have to have an anesthetic for an operation, separate in your mind this one case from your previous physical addiction. Discuss with your doctor having morphine instead of pethidine (it's more effective) and using the infusion system of self-administration which will give you control over how much you need. Studies have shown that people who have been drug dependent choose to use lower dosages on a system where they exercise control over how much they need. (With the infusion system you have an intravenous drip and squeeze a bulb with your hand when you feel pain.)
Thinking through situations in advance helps you cope when a difficult situation occurs. After you have written about Craig, Barbara and Kenneth's cases, there is space to anticipate how you would handle a problem.

PAIN MEDICATION

Cases To Consider

Craig: Craig detoxed 3 months ago and is avoiding all the old associates and activities that used to lead him back to drugs. One evening, after having some dental work done earlier that day, his jaw is hurting badly. The dentist told him aspirin would probably be sufficient, but after taking some, Craig feels it's inadequate. He says, "When you've been addicted like I was—everything in the cabinet, everything on the street, all the time, —well, I need much more, it's only natural. If the doctor won't recognise that, I'll get what I need some other way. I'm entitled to relief, just like the next person. How am I going to work if I'm in pain tomorrow?"

Barbara: Barbara gave drugs up years ago. She solemnly swore never to use any mind-altering drugs again and has remained totally drug free with almost religious devotion. Recently she developed a problem for which she will need surgery. She is willing to receive anaesthesia given as part of the operation. But for at least several days afterwards, the pain is likely to be intense. Barbara has to wrestle with what to do: whether to accept medication; whether to do so is a slip, and a violation of her lifelong commitment; and whether taking the medication seriously risks acquiring a physical dependency.

Kenneth: Kenneth's lower back has been hurting and he is very concerned. At first his doctor had him try a minor tranquilliser, but things only got worse. On the last visit, Kenneth accepted a narcotics prescription even though he didn't ask for it. The doctor has also made an appointment for him with a specialist and said surgery is a possibility. Kenneth fears that if the doctors find out about his former addiction they will cut off pain medication entirely and leave him out in the cold. But he is also nervous about the medication, which he felt he needed a few times and which did make him feel a lot better. He's afraid about having an operation, or that there won't be a cure, or that he may need drugs for a long time to deal with pain.11

11. U.S. p.178
Write a few sentences each saying how Craig, Barbara and Kenneth could cope. If you anticipate needing medication for pain in the future write a paragraph anticipating how you will handle the problem.
If you've been in the drug scene for years & in and out of gaol, most of your friends probably still use. Are you planning to still see them when you're not using? Here's a chance to handle the situation in gaol now while you plan how you'll cope with old friends once you're released.

**People who still use drugs.**

Seeing people who still use drugs can make you want to use again, can start you craving for drugs, but it is hard to end old friendships, hard to end an out-of-date life style. It can hurt both of you, especially if you haven't made many friends yet who are not using drugs. You will probably have to hurt several people's feelings by saying things like, "we can't share a cell as long as you use drugs." It hurts less to say "no" clearly once than to drag an impossible situation on and on with excuses. Maybe it would help to take someone with you when you have to say "no" clearly? Or to rehearse what you are going to say with a friend or counsellor?

Maybe part of you wants to see users for reasons that have mixed motives:

- Maybe you plan to relapse and want to blame it on someone else rather than taking responsibility for it yourself?
- Maybe you are tempted to make some quick money but continue not using?
- Maybe you are lonely?
- Maybe you want to be admired for your progress?

Be scrupulously honest with yourself about your motivation! Spend your time building new friendships and finding drug and crime-free ways to have fun.

**Your #1 priority is not to use.**
SAVING "NO"

Cases to consider

Danny: I get all this advice about keeping busy and not feeling sorry for myself and meeting new people and things like that—so I got talked into going out with this group of guys from work who get together a lot. They said, "Come on! Come on!" So I said, "OK." We go to this restaurant, but instead of sitting down to eat everyone sits down at the bar. And right away they all order drinks. Here I am, the new guy at work, trying to make new friends, stay off the gear, and still be like everyone else. What was I supposed to do?

Karen: I really like this guy. He's different from most of the guys I used to spend time with. He's sensitive and honest and he's not trying to prove anything. We met at a party and we had a good time just talking and getting to know one another. He didn't pry when I avoided the past—I just talked about the present because things have been going really good for me these days: There's work and tech and now I've got some plans for myself.

So anyway, we went out to this elegant restaurant the other night which was exciting and new for me. Then we went to visit some friends of his. They have this beautiful flat in a really nice neighbourhood. They were friendly to me and seemed very happy. It was the straightest situation I had been in since I can't remember when. It felt really good and almost like I belonged there, if you know what I mean. But then, not even 10 minutes after we walked in, the husband starts laying out lines of coke! And his wife gets up and says to us, "Do you want something to drink?" And my date says he'll have a beer. And here comes the little mirror my way.

Scott: This situation has me really confused. Jim is my friend, and he's really a good guy. He's helped me get straight in the past, lent me a few bucks when I was really broke, and he's even let me stay at his place when I had no other place to go. He also deals pot and coke—that's how he makes his money, and he makes a lot of it. Well, he came by to see me yesterday and of course he saw how empty this place is. So he says, "You don't even have a TV. A guy who's trying as hard as you are to make it needs some help. I can give you this extra TV I got ahold of."
Now don't say no. OK?" From the way he described it I'm sure it's a dynamite TV. And I'm also sure it's hot. Sure, I could use a TV set, but I'd feel very funny about accepting stolen property, and I don't think Jim would understand that. I can say no to drugs; but this seems different. If I say no to the TV, am I saying no to my friendship with Jim?

Write a sentence or two answer for Danny, Karen and Scott.

12. U.S. p.132
Chapter 6

New lifestyle.

- Having good times without drugs—even in gaol
- Getting along better with your family
- More openness, more trust
- More openness, more trust... job hunting
- Cases to consider: what would you do?

Whatever you can do or dream you can, begin it.

Boldness has genius, magic and power in it.

Begin it now.

Goethe.
Chapter 6 is about starting a life style without drugs. Part of the fun of giving up drug use is substituting other pleasures. Not chasing smack, raising money for it, and being out of it leaves you time to do things that make you feel great! In "Having good times without drugs—even in gaol" you begin sorting out what makes you feel good.

Being drug free can be an exciting time of change and growth and some of these changes could alter the way you relate to your family. In "getting along better with your family" you take a quick look at a few things which might happen. It's a good time to improve family relationships, to get your needs met.

As changes and growth occur you will probably find that you feel more willing to relate to people openly, feel more trusting and less paranoid. "More openness, more trust" is about telling people outside the drug scene about your past. As you gain confidence you may be willing to rethink the issue of whether you tell a possible employer at a job interview of your past drug and gaol experience. "More openness, more trust... job hunting" will help. "Cases to consider" presents case studies about learning to trust people with your experience.
Having good times without drugs. — even in gaol!

When you used drugs to have fun it was easy in some ways —— use drugs, feel good. Now it is time to become involved in new drug free pleasures. Allow yourself to be open to having new experiences, to get together with good people. Often inmates feel they will start real living when they get out of gaol. Here's a list of ideas for you to begin on right now!

Tick and underline this list of things you can do to feel good. Add your own ideas at the end.

- working out in the exercise yard
- training with someone else
- running laps
- playing tennis/squash/basketball/table tennis
- cooking for yourself
- cooking for someone else
- growing your hair
- watching television/listening to the radio/watching a video
- writing a letter/a poem/a short story
- looking at the stars
- reading a book/newspaper/magazine
- giving someone a backrub/having someone give me a backrub
- visiting the library
- having a dream or fantasy, then writing it up
- working on a craft/hobby/art
- talk to
- listen to
- think about what gives my life meaning right now
- organising an activity for others
making a phone call
listening to music
ordering something special from the buy-up sheet
working on computers
swap something I am tired of
attending a D&A group/education class
masturbating
singing
attending a meeting/religious service
gardening
smelling flowers
fixing something broken
taking care of my cell/clothing
walking in the rain
studying/writing in my journal/working on my correspondence course
going to counselling
meeting someone new/talking to someone I hardly know/giving information to someone new to this gaol
learning a foreign language by speaking to someone from that country
playing chess/scrabble/bridge/cards/pool
working on a crossword puzzle
watching the sky
Once you are drug free your friendships change, what you do for fun changes, and your relationships with members of your family change. It's a time to look at whether you want to improve the way you get along with your family and how to make changes that suit you, that meet your needs.

GETTING ALONG BETTER WITH YOUR FAMILY

- Consider recontacting your family if you have lost touch.
- Accept that they may treat you with some distrust if you have let them down repeatedly.
- Be open to seeing family relationships differently, seeing changes. As you become stronger the whole family structure may change and you may notice individual strengths and weaknesses you haven't noticed before. Someone may even want you to continue using and may feel threatened by your staying clean.
- Tell your family about your not using and about your plans to prevent relapse. Tell them how they can give you help if you really need it.
- If you can, select one member of your family to speak to very openly and be able to rely on. Tell him/her how you are trying to prevent relapse and what your triggers and dangerous situations might be. Ask for help. Tell him/her if you relapse so that you stop after one shot.
- Your not using depends upon your own attitudes and actions, not your family's.

Now, how would you like to change the way you get along with your family?

___________________

What do you have to do to make this happen?

____________________________________________

____________________________________________

What will you do first?

____________________________________________

____________________________________________

How do you feel about making changes in your family?

____________________________________________

____________________________________________

56.
If you have been open with your old friends about your new lifestyle, made new friendships with drug free people, and looked at the way you relate to your family and the changes you’d like to have happen, telling the truth to a person interviewing you for a job will be easy!

MORE OPENNESS, MORE TRUST.......

As your self-esteem grows and users recognise you as a positive example you will have an attraction which draws people to you because of your positive growth. You will change from wanting to avoid straight people to feeling more comfortable with them and even feeling sometimes that you want to talk about your past experiences with them.

What do you think the advantages of telling about your past experiences could be?

Here are some statements which have helped other past users tell their experience:

"Well, I guess my main interest for the last year or so has been my own personal growth."

"No thanks, I don't smoke pot. Drugs really gave me an education at one point in my life, and I'm not about to forget it."

"Yeah, I saw that TV special. I admire the people who overcome those kind of problems. I know how tough it can be."

You don't have to give painful details about the past. Does a divorced person have to explain a failed marriage when he or she says, "I'm divorced"?

Remember also that most people are searching for answers and acceptance, whatever their positions in life, and they will be genuinely interested in your insights. Your story could be a gift to them as well as an important reminder to you.13

13. Adapted from U.S. p.126
If you have been open with your old friends about your new lifestyle, made new friendships with drug free people, and looked at the way you relate to your family and the changes you'd like to have happen, telling the truth to a person interviewing you for a job will be easy!

MORE OPENNESS, MORE TRUST........JOB HUNTING

Whether you tell the truth at a job interview or not has always been a controversial topic in gaol. Have you had good experiences or bad? It is hard to be able to tell the truth and present well, but it's probably harder to live a lie so I've reached the conclusion (after talking to hundreds of inmates and dozens of employers) that it is better to be open.

The advantages of starting honestly:

- being able to be honest about your accomplishments in gaol
- being able to use gaol references
- establishing that you are an honest person will help you stand out as an individual from the rest of the applicants
- perhaps gaining help in your job search even if you don't get this job
- being able to ask for support later if you need it (perhaps in relation to a co-worker who uses)

Some people have found that honesty loses them a job.

Some people have found that a better qualified person gets the job anyway.

The worst thing is to get back on drugs because of the stress of not being able to keep up the lie.
Here are some cases to practice open responses on. Keep in mind that you are aiming for learning, not perfection.

CASES TO CONSIDER
WHAT WOULD YOU DO?

Case #1: You are visiting your family for a few days during the holidays. For the first time in years you're not using. You're supporting yourself, and you're able to relate to your family with honesty and love. One afternoon while you are alone in the house, an old friend who lives down the street, and whom you haven't seen in years knocks on the front door. It is not clear whether he came to see you or your relatives, and you don't know what he knows about your years as an addict. All you know is that you and he used to be close and he seems genuinely glad to see you. Standing before you on the porch he says, "So....how have you been?"

Case #2: A middle-aged co-worker, whom you know casually and who has always been pleasant to you, is sitting with you at lunch. After a short while, you are joined by another co-worker, also a friendly sort, who is a friend of worker number one. Worker number two says to worker number one, "How are things going at home with your son?" And worker number one begins to fill you in how his son is having drug problems and the family is upset and doesn't know what to do about it. An uncomfortable silence seems about to take over.

Case #3: When you get out of gaol, you move into a flat where you know no one. The couple next door seem very friendly and positive: just the kind of new friends you could use. They have invited you to stop in repeatedly; but yesterday when you finally did pay them a visit they were both smoking marijuana and it was all you could do to say, "no thanks" and leave soon after. Now what?14

Write a sentence or two about how you could acknowledge your experience in each of these three situations.

Chapter 7

An All Over View and Continuing your journey

- Going on a journey
- Draw 3 pictures
- Imagine
- Continuing your journey
In Chapter 7 you take an all over view. Most people who use haven't been able to take a long range view of their life. In "Going on a Journey" you look at where you are now and where you are headed in terms of drug use. Then, in "Draw 3 pictures" you create an image of yourself as drug dependent, as a non-user, and as someone for whom drug use is no longer an issue. Both these exercises concentrate on your relationship to drug/use and non-use. In "Imagine..." you look at your dreams for the other areas of your life, the areas which you may not have been giving much attention to when you were using.

"Continuing your journey" is a list of profound, philosophical questions about what you want from your life, where you are going, what is of value to you. Thinking about them will take you forever so the issues raised in this workbook go on and on! Discussing them with a friend or a counsellor would be a challenging way to continue your self-growth. If you are thinking through these by yourself write out your responses in a notebook and rewrite each one from time to time to appreciate the progress you are making.
GOING ON A JOURNEY

One author suggests that giving up drug use is like going on a journey. When he writes about giving up smoking he calls it the journey from Tobacco Road to Freedom Mountain and pretends that you do it on an old bicycle that may break down along the way. Reaching Freedom Mountain will depend upon having the tools to repair the bicycle, the skills to repair it, the right attitude toward the ups and downs of the journey, and a map of how to reach the destination. You will have downs as well as ups, and adventures along the way. It will take time, lots of time.

Referring to preventing relapse as taking a journey is a metaphor. In this space you create the metaphor for your own journey or pilgrimage. Where are you now? Where are you headed? Write out your metaphor, or, if you prefer, draw your own journey or map.

15. Marlott pp.212-215
Draw 3 pictures

To continue your growing self-awareness draw 3 pictures of yourself

1. as drug dependent
2. as a non-user
3. after you have been a non-user for sometime and have a strong feeling of your own self-worth, a new image of yourself.

From doing these three drawings I have learned that...

________________________________________

________________________________________

________________________________________

________________________________________

63.
Imagine..........

To continue imagining how life will be for you when you're not using imagine what your life will be like three years from now. What will life be like with your family, friends, job, learning, recreation, etc., after three years of drug free personal growth.

Write a detailed, realistic description or draw a series of pictures or cartoons. If you want to change the three years to one year or five years feel free.....

How does it feel for you to look ahead to a drug free life like this? Good? Scary? Do you feel confident?

I feel.......
Continuing your journey

To help fill the vacuum left by heroin and the drug lifestyle it is a good idea to look at what gives your new life meaning. Here are some existential questions to ponder and ponder and ponder.

- Why am I here?
- What do I want from life?
- What gives my life purpose?
- Where is the source of meaning for me in life?
- Do you like the directions of your life?
- Are you pleased with what you now are and what you are becoming?
- Are you actively doing anything to become closer to your self-ideal?
- Do you even know what you want?
- If you are confused about who you are and what you want for yourself what are you doing to get some clarity?
- If you are in 5 years time where are you now what will you feel?

These questions are so important that you can continue thinking about them forever, having your answers slowly change as you mature and change. You will probably enjoy discussing them with a friend or counsellor, or writing your answers in a special notebook so that you can be aware of your growth, of the changing directions in your life.

16. Corey: Adapted from p.p. 94-95 by Jennifer Kensey
Now you have reached the end of the workbook. If you have thought about the ideas and written the answers you will have learned a great deal about yourself. What are the good and bad things about heroin for you? Which situations are likely to make you want to use again? What do you want your new lifestyle to be like? How to relate to people more openly?

These ideas can't be stated often enough:

- If you slip and use once you are not necessarily headed on a path to disaster. You can use once, learn from the experience, and stop.

- Thinking through difficult places, situations and people ahead of time is the best insurance for avoiding being tempted to use.

- Whether you use or not, whether you change your lifestyle or not, avoid harming yourself and others. Use condoms; don't share fits; if you have to share, clean the fit with bleach.

- Changing what you think will change what you feel.

- It'll be easier to not use heroin if you run, meditate and don't use other drugs.

Good luck and take good care of yourself.

Julie Fraser
Your potential is unlimited. 
Aspire to a high place. 
Believe in your abilities, 
in your tastes, 
in your own judgement.

Image and perceive, 
that which you wish to be. 
Back your image with 
enthusiasm and courage.

Feel the reality of your new 
self; live in the expectancy 
of greater things and your 
subconscious will 
actualise them.

BRIAN ADAMS
Appendix I

Sayings from the Parklea D&A Office blackboard

You think you are looking at a window but really you are looking in a mirror. Perls

He who has a why to live can bear almost any how. Nietzsche

Despair = suffering without meaning. Frankl

Everytime a door slams in your face another one opens.

If a man decides to discover new oceans he must have courage to lose sight of the shore.

If you want freedom & joy so much, can't you see that it is not anywhere outside of you. Bach

There is no problem so big that it can't be run away from. Bach

If your happiness depends on what someone else does I guess you have a problem. Bach

Just as fear is a gift, so too is anger. It teaches us what we need to change to free ourselves, what we need to change to feel more love. Pearson

I gave my life to become the person I am today - was it worth it? Bach
### STATISTICS ON HEROIN RELAPSE

<table>
<thead>
<tr>
<th>Cause of relapse</th>
<th>Percentage of people who relapsed for this reason.</th>
</tr>
</thead>
<tbody>
<tr>
<td>feeling down emotionally</td>
<td>19%</td>
</tr>
<tr>
<td>feeling bad physically</td>
<td>9%</td>
</tr>
<tr>
<td>feeling good emotionally (about work, holiday, money, etc)</td>
<td>related not related to other people</td>
</tr>
<tr>
<td>testing personal control</td>
<td>10%</td>
</tr>
<tr>
<td>feeling cravings, being tempted</td>
<td>2%</td>
</tr>
<tr>
<td>conflict with another person</td>
<td>people related</td>
</tr>
<tr>
<td>social pressure</td>
<td>14%</td>
</tr>
<tr>
<td>feeling good emotionally</td>
<td>reasons</td>
</tr>
<tr>
<td></td>
<td>36%</td>
</tr>
<tr>
<td></td>
<td>5%</td>
</tr>
</tbody>
</table>

What can you learn from these statistics?

Have you relapsed because of any of these reasons? Why?

17. Marlatt p.38
References.

Corey, Gerald, *Existential Therapy.*


U.S. = a nameless American manual for leaders of recovery groups using the NA/AA approach. I have seen only pages of this and have been unable to discover the correct author, title, publisher, place and date. If someone can supply the information I’d be grateful.

* All quotations in calligraphy are from Susan Hayward’s books.