

Group Treatment for Substance Abuse Week 3

HANDOUT P/C/P-7.1

My Values

Instructions:

Put a check mark by the values that are most important to you. Feel free to add any other values that are not on the list. Then circle five or six of those you checked that are really the *very* most important.

honesty	adventure	security	<u>Others</u>
faith	creativity	responsible	
good parent	leader	conscientious	
strong	health	accomplishment	
ambition	compassion	helper	
church	learning	independence	
self-control	risk	attractiveness	
order	tradition	romance	
friendship	purpose	inner peace	
change	flexibility	challenge	
forgiveness	safety	stability	
fame	solitude	family	
money	fun	duty	
contribution	self-acceptance	service	
power	caring	commitment	
knowledge	respect	proud	
artistic	success	loyalty	
wisdom	athletic	pleasure	
perfection	duty	home	
admiration	genuineness	Dignity	

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Considering My Values

Instructions:

Write the five or six values that are the very most important to you below, and to the right make a note of how your substance use might have interfered with your "living" that value.

Value

Substance Use Interference

1.

2.

3.

4.

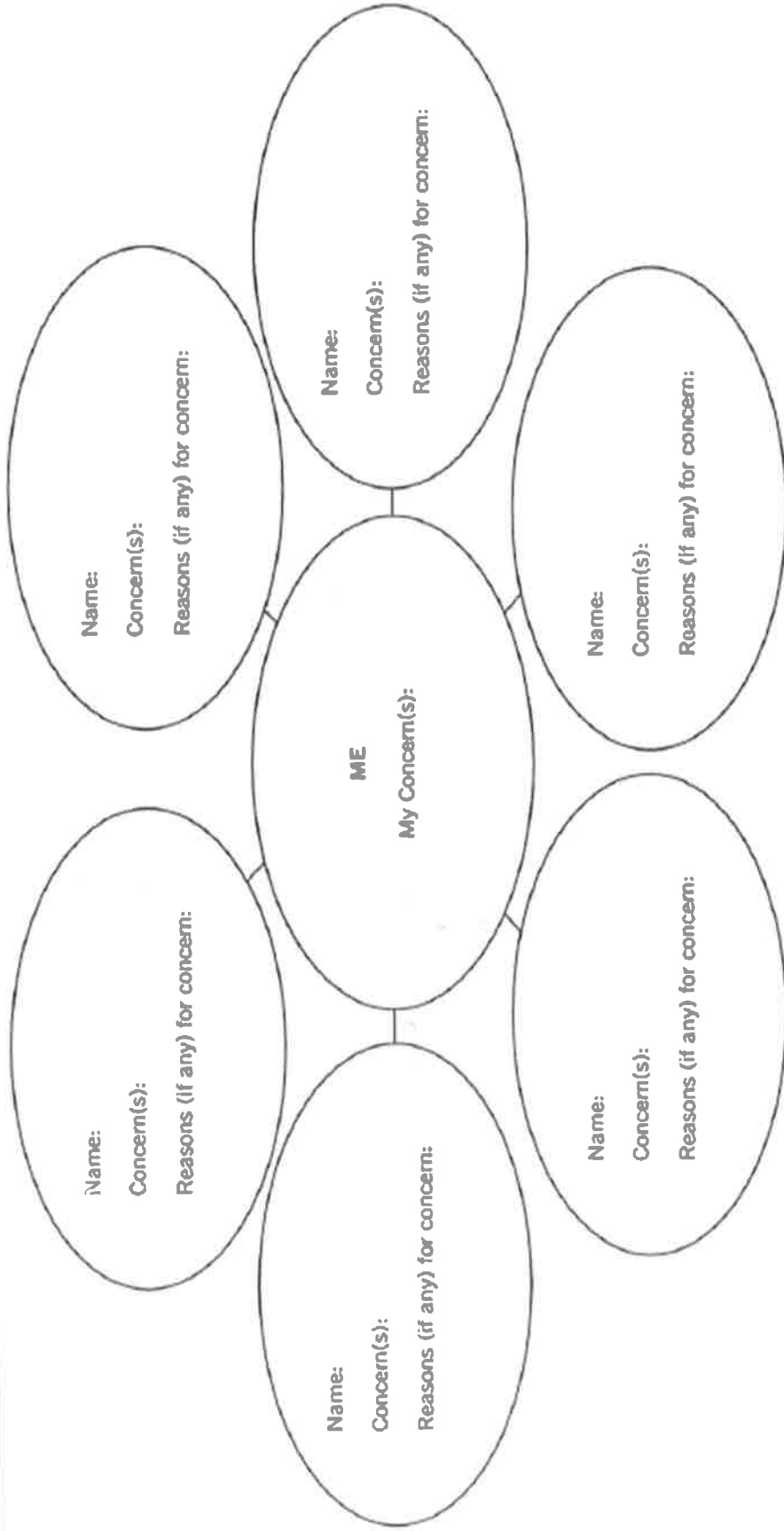
5.

6.

What changes would you like to make in your life to live more consistently with one or more of your personal values?

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Who is Concerned?

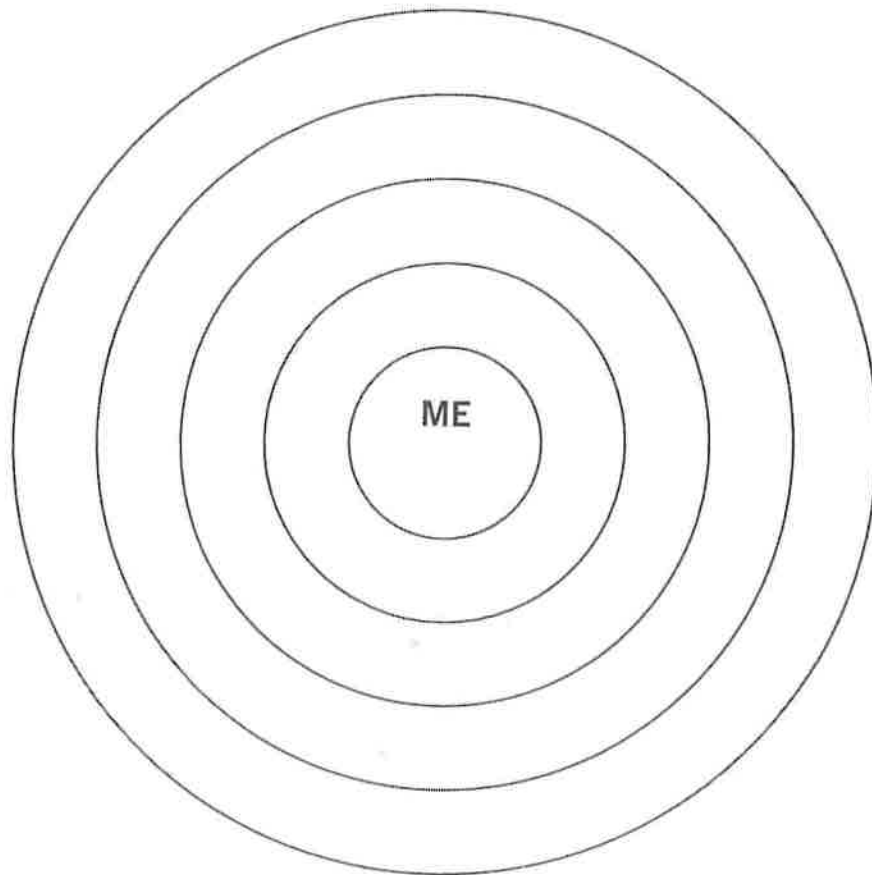


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My Relationships

Here are the names or initials of people that I have relationships with and some that I would like to form relationships with:

How important to you are the people listed above? Write the names or initials of the people who are the most important to you in the circle marked "Me." Then write the initials or names of the people to whom you feel the next closest, and so on. (See the example in Handout P/C/P-9.2 to get an idea of what the completed form might look like.)



You might find it helpful to think about the following questions after you've finished completing the exercise:

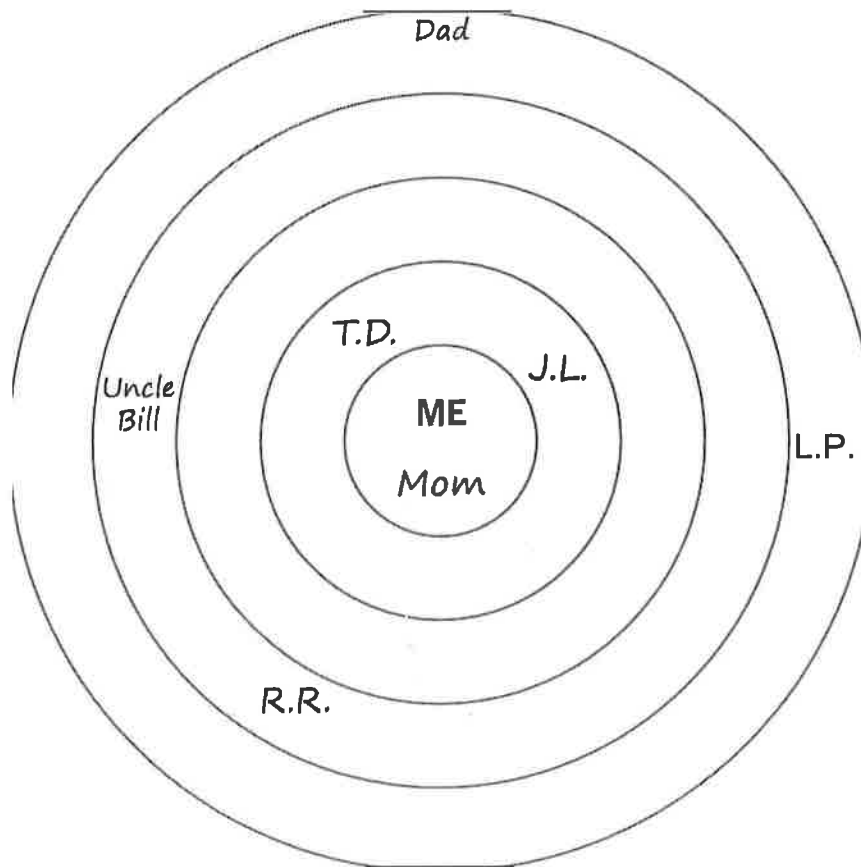
- What are the really good things about this relationship?
- What, if anything, has made this relationship more difficult?
- How would things be different in this relationship if I stopped my substance use?
- When I think about where I hope to be in 5 or 10 years, are there any relationships that I would like to see move to a different location on my current set of circles?

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My Relationships (Example)

Here are the names or initials of people that I have relationships with, and some that I would like to form relationships with:

Bobby T. Mom
Ryan R. Dad
Lisa P. Uncle Bill
Tyler D. Jeremy L.



Week 4

Week 5

Week 6