

# Feeling Thermometer



# Ground Rules

- **Keep Confidentiality.**
- **Express Your Feelings.**
- **Ask Questions.**
- **Participate Actively.**
- **Accept Other Group Members As They Are.**
- **Keep An Open Mind.**
- **Come Sober.**
- **Use Cell Phones And Pagers Only During Breaks.**
- **Have Fun.**



# Guidelines For Good Weekly Goals

- **Important to you, and you are committed to it.**
- **Realistic. Not too hard or not too easy.**
- **Brief, specific and clearly stated.**
- **Easy to tell when you have accomplished it.**



# My Drug and Alcohol Use Check-In

- **When did I use?**  
(Day and times)
- **What did I use?**  
(If drugs, what drugs? If alcohol, what drinks?)
- **How much did I use?**  
(Number of hits, number of drinks, etc.)
- **Where did I use?**  
(Location, situation)
- **Who did I use with?**  
(Friends, partner, etc.)
- **How did I feel about using?**  
(Happy, unhappy, calm, upset, etc.)



# SMART

## Problem-Solving Steps

**S =** State the problem.

**M =** Make a goal.

**A =** Actions - List the actions you might take.

**R =** Reach a decision about which actions you could take.

**T =** Try it and review it.



# Using Thanks Tokens

- **Give tokens to other group members to show you appreciate what they have said or done.**
- **Hand the token directly to the person you appreciate.**
- **Tell the person what they did that you appreciate.**
- **Give away all of your tokens by the end of the session.**



# WEEKLY LOG

Star = Met big goal

No. \_\_\_\_\_

## Last Week

1.	2.	3.	4.	5.	6.	7.
(One week ago)						(Yesterday)

## Next Week

1.	2.	3.	4.	5.	6.	7.
(One week ago)						(One Week From Now)