

HOPE REHAB PRE-TREATMENT WORKBOOK



Ready for Change

How to Use This Book

This mini-workbook is to help you focus and prepare for the journey ahead and give you a taste of our program prior to admission, it also will help us structure your treatment process. Take your time and complete the short exercise.

Date of proposed admission to Hope _____

Name _____

Age _____ DOB ____/____/____ Gender M / F _____

Have you had treatment in the past? Where?

Relationship questions

- Single
- In relationship
- Live alone
- Living together
- Married
- Divorced
- Children

A typical day at Hope Rehab is both fun and challenging at the same time, including groups, 1:1 counseling, fitness activities, massage, meals. Mornings include exercise ranging from walking, jogging, cycling, cardio-vascular to Thai-boxing and swimming.

Recovery coaching is throughout the week when you'll be going out for various activities, including temple visits, eating out and shopping trips.

What to bring? In addition to light comfortable casual clothing remember to bring training shoes and gym kit. Sunscreen and a beach towel are also useful. We allow phones, laptops, and wifi access so long as it does not disrupt your program and progress.

Visa; Most visitors to Thailand get a 30 day visa-on-arrival at the immigration desk - this can be automatically extended for a further month at our local immigration office in Sriracha for a small fee. If you are planning on a longer stay then you can obtain a tourist visa at your local Thai embassy for longer periods.

Part 1 - Are You Ready for Change?

Motivation and willingness are the first step toward change, tick one or more of the indicators below, are you

- Resistant to treatment
- Anxious about treatment
- Unsure about going for treatment
- Open to change
- Excited about treatment
- Willing to change
- Determined to change

Health History

- Have you been diagnosed with any physical illness?
- Do you have any allergy?
- Do you suffer from fatigue?
- Do you have physical Pain?
- Has there been a deterioration in your physical health?

Cost - benefit analysis

Please tick the box

Common costs of drinking

- Health breakdown
- Loss of things and people we care about
- Relationship breakdown
- Work performance suffers
- Loss of finances
- Spiritual breakdown
- Anger issues
- Drink related accidents
- Self neglect
- Over controlling to compensate

Common benefits from not drinking

- Relationships often heal after someone stops drinking
- Significant mental and physical health improvement
- Lots more time to do healthy things
- Energy levels go up
- Can see people and do activities you love
- Drinking and using causes negative issues in relationships
- Feelings of depression and anxiety after acting out

Basic functioning improves



Part 2 - Signs and symptoms

Most serious Rehab's use "the American Society of Addiction Medicine" definition or criteria as a foundation for treatment. It is widely accepted that addiction is neurological disorder and no physical surgery or medication can cure it - Only through various therapeutic interventions can one maintain recovery. Below are the main criteria - see if you can identify with these;

Inability to consistently abstain and cravings

- Failed attempts to quit
- Increased tolerance and progression
- Using more than intended

Impaired behavior control

- Inability to control
- Trying to control
- Loss of control

Diminished recognition of significant problems (denial)

- Hiding
- Blaming
- Leading a double life

Damaged Interpersonal relationships

- Domestic issues
- Isolation
- Hurting others

Dysfunctional emotional response

- Anger
- Low frustration tolerance
- Low Stress threshold

Distorted thinking

- Negative Thinking pattern
- Low self esteem
- Justification

Addiction/Alcoholism screening

Some common symptoms, tick the ones you can identify

- Compulsiveness
- Reward seeking
- Relief seeking
- Impaired decision-making
- Anxiety
- Obsession
- Low stress threshold
- Low frustration tolerance
- Dysfunctional emotions
- Apathy
- Co-dependency
- Depression
- Isolation
- Psychiatric problems
- Low boredom threshold



Group room 3

Alcohol Use

1. Have you ever felt you should cut down on your drinking? YES/NO.
2. When drinking with other people, do you try to have a few extra drinks that the others won't know about? YES/NO.
3. Do you sometimes feel guilty about your drinking? YES/NO.
4. Has anyone expressed concern or complained about your drinking? YES/NO.
5. Have you tried switching brands or drinks, or following different plans to control your drinking? YES/NO.
6. Has your physician advised you to cut down your drinking? YES/NO.
7. Have you gone to anyone for help about your drinking? YES/NO.
8. Do you ever feel depressed or anxious before, during or after periods of heavy drinking? YES/NO.

Drug use

1. Have you ever felt you should cut down on your drug use? YES/NO.
2. Have you used prescription drugs at higher doses than recommended? YES/NO.
3. Are you always able to stop using drugs when you want to? YES/NO.
4. Do you ever feel bad or guilty about your drug use? YES/NO.

5. Have you neglected your family because of your use of drugs?
YES/NO.
6. Have you been in trouble at work because of drug use? YES/NO.
7. Have you engaged in illegal activities in order to obtain drugs?
YES/NO.
8. Have you ever experienced withdrawal symptoms (felt sick) when
you stopped taking drugs? YES/NO.

Part 3 - Mental Health

Have you been treated for mental illness?

Do you have a mental health diagnosis?

Do you feel misdiagnosed?

Do you feel labelled?

Is your Mental illness causing addiction issues?

Are you on medications and do they help?

Do you self medicate with substances?

Negative Feelings questionnaire

Misery

- A. I do not feel miserable
- B. I feel miserable
- C. I am very miserable and cant cope

Plans

- A. I don't think about plans
- B. I feel negative about my plans
- C. I feel make plans is pointless

Success

- A. I feel like a success
- B. I feel like I am less successful than other people
- C. I am totally unsuccessful

Happiness

- A. I get happiness out of activities
- B. I don't get any happiness
- C. Nothing makes me happy anymore

Ashamed

- A. I don't feel very ashamed of myself B.
- I feel shame most of the time
- C. I feel shame all the time.

Unfulfilled

- A. I do not feel unfulfilled
- B. I am unhappy and unfulfilled
- C. I loath myself

self-reproach

- A. I do not feel different to others
- B. I put myself down
- C. I am at fault for all that goes wrong in my life

Irritated

- A. I am no more irritated by things than I ever was.
- B. I am slightly more irritated now than usual. C. I feel irritated all the time.

Others

- A. I have not lost interest in other people
- B. I am much less involved with others than in the past
- C. I have lost all connection with others in my life

Make Choices

- A. I make choices easily
- B. I put off making choice now
- C. I find making choices very difficult

Occupation

- A. I do my job well
- B. I find it harder to do my job
- C. I don't have a job now

Anxiety assessment

- Numbness or tingling
- Feeling hot
- Wobbliness in legs
- Unable to relax
- Fear of worst happening
- Dizzy or lightheaded
- Heart pounding/racing
- Terrified or afraid
- Nervous
- Shaky / unsteady
- Fear of losing control
- Difficulty in breathing
- Fear of dying
- Indigestion
- Faint / lightheaded
- Hot/cold sweats

Counselling questions

YES Tick

- Lack of sleep or insomnia
- Poor appetite, overeating or comfort eating
- Breakdown in your mental condition
- A reduction in everyday functioning
- Suffer from worry and anxiety
- Feelings of loneliness or isolation
- Feelings of sadness or loss
- Diminished self-confidence
- Feelings of depression
- Loss of self respect
- Loss of identity
- Fractured relationships

Part 4 - CBT - mental state and belief system

Cognitive behaviour therapy is short term therapy with long term results. The fundamental basis of CBT is what psychologists call our belief system - the addicts/alcoholics belief system often is...

- I can't live without it
- I need it
- It helps me
- I don't have a choice
- I can't say no
- I must have it

Also it is said our rigid thinking patterns are at fault, E.g.

- A. I must do well at.....
- B. Other people must....
- C. I must get what I want...

Recognising these scripts is useful when working with CBT



Head counsellor henk

CBT Negative Thinking Patterns

- ❑ “Why does it always happen to me”

This is called this personalizing, probably not rationally looking at the real causes of a situation.

- ❑ “I don’t care”

This is usually Denial, because we all do care at some level, however it helps relieve uncomfortable feelings.

- ❑ “the Blame game”

It is instinctive to blame, but it is for the most part unhelpful.

❑ “Must and should”

Rigid self-talk leave us cornered and does not gives us options.

❑ “It is all going to go wrong anyway so why bother”

This is strategic pessimism, maybe it is guarding against disappointment.

Part 5 - Brief Treatment questionnaire

What support do you require?

What changes would you like to make?

What issues would like to work on?

What would like to achieve at Hope?

Say a little about your expectations?

What excites you about coming to treatment?

What scares you about coming for treatment?

Liver Lover Livelihood Law

Here is a brief addiction exercise we do at Hope Rehab to breakdown how our addiction is affecting our lives , it is know as the 4 L's. Using the four L's, where have you paid the cost for your addiction? *Mentally, physically, legally, financially.*

LIVER	Affecting health—both physical and mental
LOVER	Destroying relationships with loved ones, Lack of trust, Isolation
LIVELIHOOD	Loss of employment Finances Lack of meaningful occupation or education
LAW	Trouble with the law, police outside the law, risk taking

Liver _____

Lover _____

Livelihood _____

Law _____

Significant events questions

Most difficult time in my life?

Most important event?

Best time in my life?

What are your strengths and assets?



Hopes DC3 airplane

Answer according to the scale below

1, How bad is your addiction issue

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

2, I am open-minded to outside help

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

3, When I confront a problem I feel anxious or uncomfortable

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

4, Feeling ashamed at needing help from others

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

5, Feeling a failure due to my addiction

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

6, Not wanting to follow instructions

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

7. When I don't get my way I get frustrated

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
 Not a Problem Mild Problem Moderate Problem Severe Problem

General Mindfulness Questionnaire

1. It sometimes feels as if my thoughts are out of control

- Frequently
 Sometimes
 Rarely
 Never

2. I engage in self-criticism

- Frequently
 Sometimes
 Rarely
 Never

3. I am easily distracted Frequently

- Sometimes
 Rarely
 Never

4. I feel 'comfortable in my own skin' Disagree

- Neither agree nor disagree
 Agree
 Strongly agree

5. My current level of knowledge about mindfulness is
- Somewhat knowledgeable (e.g. read mindfulness books)
 - Slightly knowledgeable (e.g. I've heard it mentioned)
 - I have no real knowledge about mindfulness
6. Which of the following statements best sum up your current attitude towards meditation (you can tick more than one)
- I tried to meditate in the past, but I didn't like it
 - Meditation seems like a waste of time to me
 - I have no talent for meditation
 - I can't sit still long enough to meditate
 - I have never tried to meditate
 - I would like to learn more about meditation
 - I have gained benefit from meditation in the past
 - I feel that meditation will be a component of my future life in recovery

Part 6 - Getting Ready for Change

Recovery Mindset

Your state of mind during your stay in rehab is the most reliable predictor of your future success. Those of us who remain resistant or cynical about recovery are unlikely to get the most from this type of program. The mindset most beneficial for those of us undertaking any type of major change can be summarised in the following words:

"I am willing to do whatever it takes"

If you are willing to do whatever it takes, your success in recovery is guaranteed. It means you are fully committed to this new life, and you will be willing to take advantage of all the resources in rehab to help you achieve your goal. Of course, you will need to maintain this recovery mindset, but this becomes easier once you see the benefits of the changes you are making to your life.

The Danger of Ambivalence

An ambivalent attitude means you are not fully committed to recovery. The word 'ambivalence' refers to a conflicted mindset – i.e. you have both a positive and negative attitude towards something. Ambivalence towards recovery occurs when a part of you wants to escape addiction, but you also have some reservations about giving the old life up.

There are a number of reasons ambivalence is a threat to your new life including:

- It means you won't be fully committed
- You are more likely to 'romance the drug' – i.e. spend time obsessing about how much you miss alcohol/drugs
- The patterns of thinking that support the addictive behaviour will keep 'building a case' for why you should relapse
- You may just be waiting for an excuse to return to alcohol or drugs
- If you are unsure about long-term recovery, it is doubtful that you will have the motivation to do what needs to be done to create it

The key to getting beyond ambivalence is to be fully willing to let go of your old life. This is achieved by accepting there is no future in these old behaviours. You also need to understand how addiction means your own brain can sometimes feel as if it is working against you (e.g. cravings). The good news is you can use tools such as urge surfing (see below) to escape these mental traps.

Write a Letter to Your Future Self

Benefits to writing this letter:

- Fuels your vision for the future
- Allows you to connect and grow your relationship with your true self
- After treatment it will remind you of how far you have come
- Lays out your goals and dreams that you want to achieve
- Helps clarify what is important to you
- Gives you motivation to keep going

THE NEW ME: my hopes, fears, dreams, intentions, goals, likes, dislikes, joys, frustrations; what I like about myself; what I don't like about myself, what I'm proud of, what I think about, who I am.

MY NEW WORLD: Where I want to live, a description of my home, my favorite places to go.

Wish list

Write a wish list daily to keep you focussed

1. _____ 2.

_____ 3.

_____ 4.

5. _____

Tips for Getting Ready for Change

- Write a letter to your future self - keep this letter with you at all times and read it when you have any doubts
- Create a wish list
- Practice being in your body
- Practice some urge surfing

Practice being in your body

Being in the body is not only effective for escaping mental stress (in the same way that pacing up and down works), but it also prevents mental distress arising in the first place - every time you bring your attention to your body, it is like allowing pressure to escape from a pressure cooker before it builds up too high.

One of the other benefits of repeatedly bringing your attention to your body is you will be engaging in a simple type of meditation. This means will start to slowly build your concentration, so you will find it much easier to get the hang of things when you begin the Hope mindfulness program.

- Hold some object in your hand and put all your attention on feeling this object
- Notice your feet touching the ground as you walk
- Feel your body touching the chair when you sit
- Move your fingers together and put your attention on this

NOTES

Wish list

Write a wish list daily to keep you focussed

1. _____ 2.
- _____ 3.

4.

5. _____