



THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

TABLE OF CONTENTS

SUBJECT FIVE: COPING WITH STRESS AND EMOTIONS WITH HEALTHY ALTERNATIVES TO ALCOHOL AND OTHER DRUG ABUSE

SEGMENT A: PREPARE PROFESSIONALS	5-I
GOAL FOR PROFESSIONALS	5-I
OBJECTIVES FOR PROFESSIONALS	5-I
METHODS UTILIZED BY PROFESSIONALS	5-II
SECTIONS OF SUBJECT FIVE	5-II
HANDOUTS AND GROUP CLOSURE	5-III
SEGMENT A: <i>PREPARE GROUP</i>	5-IV
BEGINNING	5-IV
INTRODUCTIONS	5-IV
OVERVIEW OF FORMAT & SUBJECT	5-IV
SEGMENT B: <i>PRESENT SUBJECT MATERIAL</i>	5-IV
TODAY'S SUBJECT AND WHY IT'S IMPORTANT	5-1
EMOTIONS OR FEELINGS	5-1
EMOTIONS ARE NOT "GOOD OR BAD" OR "RIGHT OR WRONG"	5-1
Emotions Are Brought About By External and Internal Factors	5-1
Intensity Levels of Emotions	5-2
Feelings <i>May</i> Be Signs of a Problem <i>or</i> Are Just Typical Emotions	5-2
AVOIDING PAINFUL EMOTIONS	5-2
DISSOCIATION OR SUPPRESSION OF EMOTIONS	5-3
FAMILIES GIVE MESSAGES ABOUT EMOTIONS	5-3
MESSAGES FROM SOCIETY ABOUT EXPRESSING EMOTIONS	5-3
TRYING TO CONTROL PSYCHIATRIC SYMPTOMS	5-3
PROJECTING EMOTIONS ONTO OTHERS	5-4
PERSONAL ATTITUDES ABOUT CERTAIN EMOTIONS	5-4
SUBSTANCE ABUSE CREATES AN EMPTINESS OR "VOID"	5-4
Using Substances to Fill the "Void"	5-5
Mistaken Beliefs Contribute to Low Self-Esteem and Self-Doubt	5-6
Addictions Alter or Change Emotional States	5-6
Early Recovery Produces Exaggerated Emotional Responses	5-7
NEUROCHEMISTRY AND EMOTIONS	5-7
TOXICITY DEFINED	5-8
Toxicity and Brain States	5-8
Brain States	5-8
Vicious Cycle	5-9
Toxicity Affects Perceptions	5-10
Toxicity Affects Thinking	5-11
Effects of Toxicity	5-11
Brain Wakes Up From Toxicity	5-11
Effects on Emotions in The Waking Up Process	5-13
AUGMENTATION DEFINED	5-14

Recovery Produces Stress	5-14
Augmentation Intensifies Emotions	5-14
Blaming <i>Internal</i> Emotions on <i>External</i> People, Places, and Things	5-15
Animal Studies	5-16
WORKING THROUGH AND COPING WITH NEUROLOGICAL PROCESSES	5-16
FIRST, LIGHTEN UP ☺	5-17
Don't Analyze or Psychologize Augmented Emotions	5-18
SHORT-TERM PAIN EQUALS LONG-TERM GAIN	5-19
Discomfort and Pain Can Be Necessary, Helpful, <i>and</i> Motivating	5-19
Suppressed Feelings Come Out Somewhere	5-20
Difficulty in Sharing Feelings Is Common	5-20
Don't Let Emotions Drive Your Bus	5-21
THE RECOVERY PROCESS AND EMOTIONS	5-22
Overreacting and Under-Reacting	5-22
Feelings Are Not Always Accurate	5-22
Delaying Response Gives Time to Check Out Over or Under-Reactions	5-22
Balance Between Suppressing and Overly Expressing Emotions	5-23
FACING EMOTIONS WITHOUT ADDICTIVE BEHAVIORS TAKES COURAGE	5-23
Identifying Feelings	5-23
Uncomfortable Emotional States	5-23
Unhealthy Ways of Reacting to Intense or Unpleasant Feelings	5-23
Becoming Aware of Feelings and Emotions in Recovery	5-24
Take Responsibility For Your Feelings	5-24
DON'T GIVE UP OR BECOME DISCOURAGED	5-24
STRESS	5-25
EUSTRESS OR DISTRESS PRODUCE SAME EFFECTS	5-25
STRESSORS IN OUR SOCIETY	5-25
Treatment and Recovery Bring About Changes	5-26
Changes in the Recovery Process	5-26
RECOGNIZING SIGNS OF STRESS	5-27
Stress Specific Responses of Neurotransmitter or "Brain Reactors"	5-27
Effects of Stress on Psychiatric and Substance Disorders	5-27
STRESSORS AND STRESS REACTIONS	5-28
Is it Stressful or Not?	5-28
Taking Charge of Your Reactions	5-28
Hardiness or Stress Resistant Factors	5-28
Stressors – Importance and Control	5-29
STRESS CYCLE	5-30
FINDING THE STRESS REDUCTION SKILL THAT WORKS FOR YOU	5-31
CO-OCCURRING DISORDERS AND STRESS MANAGEMENT SKILLS	5-32
Stress Management Techniques	5-32
ANGER	5-32
ANGER HELPS US SURVIVE	5-32
Intensity of Anger	5-33
Situations That Trigger Anger	5-33
ANGER CYCLE	5-33
Anger As a Secondary Emotion	5-34
Myths About Anger	5-35

DIVERTING AND SUPPRESSING ANGER.....	5-35
Suppressed Anger May Lead to Passive-Aggressive Personality Traits.....	5-35
Messages About Anger From Families and Childhood	5-36
Ways of Avoiding or Suppressing Anger	5-36
Reasons People Suppress or Don't Express Anger	5-36
EXTERNALIZING ANGER BY DUMPING IT ON OTHERS.....	5-36
MISMANAGEMENT OF ANGER LEADS TO PROBLEMS	5-37
Inappropriate Expressions of Anger	5-37
Resentments	5-38
Self-Pity is Also Anger	5-39
MANAGING PERSONAL ANGER	5-39
Benefits of Expressing Anger Assertively.....	5-40
First, Accept Responsibility For Your Anger	5-40
Second, Identify Anger Triggers, Cues, and Management Strategies.....	5-41
Changing Thinking to Positive Self-Talk	5-41
Anger Management Strategies	5-42
DEPRESSION	5-42
CO-OCCURRING DISORDERS AND DEPRESSION	5-42
Reasons For Sadness and Depression	5-43
DEPRESSIVE DISORDERS CO-OCCURRING WITH SUBSTANCE DISORDERS	5-45
When Something More Is Needed	5-46
COPING WITH DEPRESSION	5-46
Get Busy and Take Action	5-46
GRIEF AND LOSS.....	5-48
UNDERSTANDING GRIEF	5-48
What Grief Is <i>Not</i>	5-49
What Grief <i>Is</i>	5-49
Gender, Culture and The Grieving Process.....	5-50
STAGES OF THE GRIEF PROCESS.....	5-50
THE DIFFERENCE BETWEEN GRIEVING AND DEPRESSION.....	5-52
COPING WITH GRIEF	5-53
GRIEF AND CO-OCCURRING PSYCHIATRIC AND SUBSTANCE DISORDERS	5-53
THE GRIEVING PROCESS.....	5-54
Losses Related to Psychiatric or Substance Disorders	5-54
Physical Signs of Grieving.....	5-54
WHAT YOU CAN DO FOR YOURSELF WHEN EXPERIENCING GRIEF	5-55
Working Through Grief.....	5-55
GUILT	5-57
SHAME	5-57
ORIGINS OF SHAME	5-57
Moving Through Shame	5-58
ANXIETY, WORRY, AND FEAR	5-58
ANXIETY DISORDERS	5-58
Withdrawal from Substances and Anxiety.....	5-58
FORMS OF ANXIETY	5-59
Co-Occurring Disorders and Anxiety	5-59
Anxiety is Difficult to Work Through.....	5-60

WORRY	5-61
Choosing to Live Without Worry	5-61
MANAGING ANXIETY	5-61
FEAR	5-62
UNDERSTANDING FEAR	5-62
Healthy Fear Versus Unhealthy Fear	5-62
Fear About Recovery Is Natural	5-63
Fear Is a Normal Response to New Situations – Even Treatment	5-63
Don’t Let Fear Keep You From Moving Forward	5-64
WORKING THROUGH FEAR	5-64
BOREDOM	5-65
SOCIALIZING CAN BE DIFFICULT	5-65
Develop a Plan to Cope With Boredom	5-65
LEARNING TO HAVE FUN <i>WITHOUT</i> ALCOHOL AND DRUGS	5-66
RATIONAL-EMOTIVE THERAPY (RET)	5-66
OUTSIDE EVENTS DO NOT CAUSE EMOTIONS	5-66
Thinking Determines Feelings and Actions	5-66
REASONABLE AND IRRATIONAL EMOTIONS	5-67
THE BASICS OF RET	5-67
ABCs of RET	5-68
Irrational Beliefs (Bs of the ABCs) That Disturb People	5-68
SUBTLE IRRATIONAL BELIEFS SNEAK IN	5-69
Even <i>If It Is True</i> – So What?	5-70
Shoulds, Oughts, and Musts	5-70
Awfulizing, Terriblizing, Dreadfulizing, or Horriblizing	5-70
DISPUTING OLD BELIEFS WITH NEW LOGICAL QUESTIONS	5-71
Disputing Old Beliefs Produces New Outcomes and Feelings	5-72
Belief Systems Directly Affect Emotions – Putting RET Into Action	5-72
Co-Occurring Psychiatric and Substance Disorders and RET	5-73
PRACTICING RET	5-74
SEGMENT C: <i>PRACTICE</i> HANDOUTS AND GROUP CLOSURE	5-75
GROUP CLOSURE	5-76
“SELF-COACHING” QUESTIONS	5-77
POSITIVE SELF-STATEMENTS	5-77
RELAXATION THROUGH DEEP BREATHING EXERCISES	5-78

HANDOUT SECTION FOR SUBJECT FIVE

- #1: Here Are Some Helpful Hints On The Care Of *Depression Monsters*
(Inspirational, page 1 & 2)
- #2: Personal Emotions Management Plan: Coping With Stress & Uncomfortable
Emotions (Stress, Anger, Depression, Anxiety, and Worry) **WITHOUT**
Drinking and/or Drugging (Worksheet, pages 1 ,2, 3 & 4)
- #3: Risk Taking Is Free
- #4: Recovery “Letting Go” (Inspirational)

BIBLIOGRAPHY SECTION FOR SUBJECT FIVE
