Catch It Check It Change It

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| **What were your feelings?***Angry, ashamed, irritable.*  | **What was your people interaction at the time?***I was alone and slept until noon.* | **Examine the interaction. Is it harmful or helpful?***Did I feel good? Did the interaction support my recovery? No, staying in bed late made me feel bad and increased my cravings.*  | **Replace the harmful interaction with a helpful interaction.** *I could plan a helpful people interaction to do in the morning and set my alarm so I get out of bed.*  |
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People, Alcohol/Drug Use, and Your Mood, Session 6