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