
A Leisure Education Program for People Living with Substance Use disorder

TRO Student Leisure Education Contest

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Overall Justification Research for Program:

“Recreational therapy is an integral and vital part of all…addictions treatment programs” (Chandler, 1997, p. 86).

Many individuals who live with substance use disorder (SUD) may not have been able to fully grasp the freedom that is associated with leisure. It is important to address this challenge in an individual’s treatment for SUD because leisure can provide opportunities for the development of autonomy and the expression of freedoms, making “leisure…important in the lives of all people” (Weber, 2010, pg. 1). “Leisure is an experience that results from…what is perceived to be a freely chosen meaningful activity that when engaged in competently is a form of self-expression, contributes to a sense of identity and connectedness, and results in positive emotions” (Dattilo, 2015, p. 14). What individuals do in their free time can have a significant impact on their well-being, and for individuals living with SUD, free time is usually spent engaging in self-deprecating behaviour. Therefore, important aspects that can influence how one spends their free time are the perceptions and feelings about the experience (Dattilo, 2015). Education, specifically leisure education, can help broaden an individual’s knowledge about the importance of positive emotions and increase awareness about the need to prioritize time for leisure pursuits, specifically by helping individuals to acquire new knowledge, attitudes and values surrounding leisure, understand how participating in meaningful leisure can impact their quality of life, and cultivate a new appreciation for and skillset for overcoming constraints to meaningful leisure experiences (Dattilo, 2002; Anderson & Heyne, 2016).

Purpose of Program:

The purpose of this therapeutic recreation program is to provide services that will improve people’s leisure-related skills, attitudes and knowledge by helping them to understand the relationships between leisure, health, and quality of life as they relate to substance use disorder (Dattilo, 2015; Stumbo, 1998). Leisure education programming will supplement functional intervention, provided by The Vitanova Foundation, by exemplifying how people will be able to maintain a healthy leisure lifestyle upon completion of the leisure education program as well as termination of their treatment from the foundation, which will help facilitate “the enrichment of human life” (Rainwater, 1992).
**Overall Program Goal:**

1. To show people what leisure is and how it can benefit their recovery from SUD and offer an opportunity to participate in a new leisure activity.

**Overall Program Objectives:**

1. Introduce people to leisure, teach them the importance of different types of leisure activity.
2. Allow people to explore their personal values as they relate to leisure.
3. Identify current needs and demonstrate how leisure can fulfill those needs.
4. Allow people to explore their passions, identify harmonious passions and understand their importance.
5. Increase awareness of constraints to leisure participation, and solutions to those constraints.
6. Understand the benefits of physical and mindful leisure activity and how they contribute to positive mental health.
7. Participate in an activity that demonstrates the benefits from Week 6.

**Main Group Outline (components of each week’s group):**

<table>
<thead>
<tr>
<th>Participants</th>
<th>Location</th>
<th>Staffing Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20 identifying as having SUD, and either attending a residential or day program for SUD</td>
<td>Group room (in any inpatient/outpatient rehabilitation/hospital setting)</td>
<td>2-3 Recreation Therapists</td>
</tr>
<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
<td>Budget</td>
</tr>
<tr>
<td>60 to 90 minutes</td>
<td>Comprehension, attention, concentration, focus, emotional</td>
<td>&lt; $500.00</td>
</tr>
</tbody>
</table>
Week 1 Group Outline

Overall Justification Research for Topic:

It is clear that leisure can play an important role in an individual’s recovery from SUD because of the benefits of leisure, its expression of identity, sense of self-agency, and overall improvements to quality of life as they influence the physical, emotional, cognitive, social and spiritual domains of wellness (Dattilo, 2015; Rainwater, 1992; Weber, 2010).

Purpose of Topic:

A lot of people who leave treatment report not being able to remain sober because they are unaware of leisure activities, community resources or programs that they find interesting or appealing. Without satisfying leisure experiences, a person will find themselves extremely hard-pressed to lead a satisfying lifestyle. People will do a self-care assessment and explore their values through worksheets and discussions.

Goal of Topic:

1. Introduce people to leisure, teach them the importance of different types of leisure activity.

Topic Objectives:

• Recognize how leisure can influence positive change amongst physical, cognitive, emotional, social and spiritual domains of well-being
• Learn how leisure can influence recovery in a positive way by understanding the benefits of leisure
• Identify the aspects of their own life that require more attention
• Brainstorm and develop a list of personal values

Performance Measures:

1. 25% of people will demonstrate their understanding of the benefits of leisure by identifying at least 2 benefits.
2. 25% of people will have identified at least 2 aspects of recovery that leisure can benefit.
3. 50% of people will have created a list of personal values.

Program Protocols for Weekly Session:

<table>
<thead>
<tr>
<th>Equipment/Supplies</th>
<th>Budget</th>
<th>Staffing Needs</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worksheets, handouts, tv/screen, computer</td>
<td>Cost of equipment</td>
<td>1 Recreation Therapist</td>
<td>Group room</td>
</tr>
<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
<td>Participant Criteria</td>
<td></td>
</tr>
<tr>
<td>90 minutes</td>
<td>Limited concentration or attention, lack of leisure awareness, self-confidence or interest</td>
<td>Identifying as having SUD</td>
<td></td>
</tr>
</tbody>
</table>
## Content and Process for Weekly Session:

<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to the benefits of leisure</td>
<td>Powerpoint/discussion</td>
<td>15 minutes</td>
</tr>
<tr>
<td>How leisure can benefit recovery</td>
<td>Powerpoint/discussion</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Identification of areas in life that need more attention</td>
<td>Self-care assessment (Therapist Aid, 2018)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>What values are</td>
<td>Powerpoint/discussion</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Create a list of values</td>
<td>Values worksheet (Therapist Aid, 2015)</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>
Week 2 Group Outline

Overall Justification Research for Topic:

Personal values are a significant motivator for behaviours (Anderson & Heyne, 2016). “A value has a behavioural component in that it becomes an intervening variable that when activated leads to action” (Zoerink & Lauener, 1991, p. 22), therefore, it is important to identify values.

Purpose of Topic:

To help people increase their self-awareness, and develop a list, of their leisure values.

Goal of Topic:

1. Allow people to explore their values as they pertain to leisure.

Topic Objectives:

- Identify your previous patterns with free time and leisure
- Become aware of your leisure interests
- Identify your feelings from participating in leisure
- Identify benefits of leisure
- Understand what values are
- Develop a personal list of values that relate to leisure

Performance Measures:

1. 25% of people will be able to identify the 3 components of values
2. 50% of people will develop a list of leisure values
3. 25% of people will identify leisure interests.

Program Protocols for Weekly Session:

<table>
<thead>
<tr>
<th>Equipment/Supplies</th>
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<tbody>
<tr>
<td>Worksheets, handouts, tv/screen, computer</td>
<td>Cost of equipment</td>
<td>1 Recreation Therapist</td>
<td>Group room</td>
</tr>
<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
<td>Limited concentration or attention, lack of leisure awareness, self-confidence or interest, emotional dysregulation</td>
<td>Participant Criteria</td>
</tr>
<tr>
<td>60 to 90 minutes</td>
<td>Identifying as having SUD</td>
<td></td>
<td>SUD</td>
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Content and Process for Weekly Session:

<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recap from Week 1</td>
<td>Powerpoint/discussion</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Motivations, Benefits &amp; Feelings (Stumbo, 1998)</td>
<td>Worksheet</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Values education</td>
<td>Powerpoint/discussion</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Sobriety: A State of Abstinence (Stumbo, 1998)</td>
<td>Worksheet</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Leisure Values (Stumbo, 1998)</td>
<td>Worksheet</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>
Week 3 Group Outline

Overall Justification Research for Topic:

Feelings play an integral role in our behaviour (Stumbo, 1998). The Upward Spiral Theory of Lifestyle Change states that motivation can influence the way we feel about a behaviour, which significantly impacts the number of times we will perform that behaviour (Anderson & Heyne, 2016). In order to fulfill needs in sobriety, it is important to connect those needs with leisure (Dattilo, 2015).

Purpose of Topic:

To allow people to explore how their substance use made them feel and how leisure can fulfill their needs during sobriety.

Goal of Topic:

1. Identify current needs and demonstrate how leisure can fulfill those needs

Topic Objectives:

• Identify the way substance use affected the way people felt during active use
• Demonstrate their awareness of their personal needs
• Demonstrate the difference between harmonious and objective passion
• Become aware of how leisure was affected by their substance use
• Identify how engaging in meaningful activities can increase their wellness

Performance Measures:

1. 25% of people will be able to explain a harmonious passion
2. 50% of people will complete the “Identifying Your Personal Needs” worksheet
3. 50% of people will express how using a substance made them feel

Program Protocols for Weekly Session:

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<thead>
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</thead>
<tbody>
<tr>
<td>Worksheets, handouts, tv/screen, computer</td>
<td>Cost of equipment</td>
<td>1 Recreation Therapist</td>
<td>Group room</td>
</tr>
<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
<td>Limited concentration or attention, lack of leisure awareness, self-confidence or interest, lack of personal resources, emotional dysregulation</td>
<td>Participant Criteria</td>
</tr>
<tr>
<td>60 to 90 minutes</td>
<td></td>
<td></td>
<td>Identifying as having SUD</td>
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</table>
### Content and Process for Weekly Session:

<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recap from Week 2</td>
<td>Powerpoint/Discussion</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Explain how motivation works</td>
<td>Powerpoint</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Explain the cycle of addiction vs the cycle of wellness</td>
<td>Powerpoint/discussion</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Face the Feeling (Stumbo, 1998)</td>
<td>Worksheet</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Identifying Your Personal Needs (Stumbo, 1998)</td>
<td>Worksheet</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Explain passions; harmonious vs objective</td>
<td>Powerpoint/discussion</td>
<td>15 minutes</td>
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</tbody>
</table>
Week 4 Group Outline

Overall Justification Research for Topic:

The Upward Spiral Theory of Lifestyle change states that “positive emotions create nonconscious and increasing motives for wellness behaviors” (Anderson & Heyne, 2016, p. 126). Positivity in general can allow for individuals to maintain a sense of adaptability and flexibility when faced with challenges, allowing us to build connections with social supports (Dattilo, 2015).

Purpose of Topic:

To show people how to maintain new behaviour once they have expressed an interest in a new behaviour.

Goal of Topic:

1. Allow people to explore their passions, identify their harmonious passions and solidify their importance.

Topic Objectives:

- Identify leisure interests that they enjoy
- Identify their own harmonious passions
- Learn about themselves and what is important to them
- Learn how leisure and harmonious passions can help them build resources, improve their quality of life, increase social connectedness and improve their well-being
- Learn what positive emotions are and how they can experience them in leisure

Performance Measures:

1. 50% of people will identify new leisure interests
2. 50% of people will be able to explain the benefits of harmonious passions
3. 50% of people will be able to explain what prioritizing positivity is

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</thead>
<tbody>
<tr>
<td>Worksheets, handouts, tv/screen, computer</td>
<td>Cost of equipment</td>
<td>1 Recreation Therapist</td>
<td>Group room</td>
</tr>
<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
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<tr>
<td>60 to 90 minutes</td>
<td>Limited concentration or attention, lack of leisure awareness, self-confidence or interest, lack of passion</td>
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Participant Criteria: Identifying as having SUD
<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recap from Week 3</td>
<td>Powerpoint/discussion</td>
<td>10 to 15 minutes</td>
</tr>
<tr>
<td>Times A`Changing (Stumbo, 1998)</td>
<td>Worksheet</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Explain prioritizing positivity</td>
<td>Powerpoint/discussion</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Identify harmonious passion</td>
<td>Passion Scale (Vallerand, 2010)/discussion</td>
<td>20 minutes</td>
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</table>
Week 5 Group Outline

Overall Justification Research for Topic:

Constraints to leisure are “not only barriers that are included within the category of structural constraints but also those restrictions to leisure that result from interactions with others or from personal thought or experiences” (Dattilo, 2015, p. 43). By learning how to overcome leisure constraints, by addressing intrapersonal and interpersonal influences, individuals are able to increase self-determination, competence and leisure participation (Dattilo, 2015), which are beneficial to recovery from SUD.

Purpose of Topic:

To show people how their substance use disorder may have negatively impacted their leisure pursuits and allow them to explore ways to overcome those impacts to sustain a healthy leisure lifestyle.

Goal of Topic:

1. Increase awareness of constraints to leisure participation.

Topic Objectives:

- Brainstorm and develop a list of constraints that could impede sober participation in leisure
- Identify ways that can help them overcome those constraints

Performance Measures:

1. People will identify at least 1 of people, places or things that could lead to a relapse, and then ways to overcome those constraints
2. 50% of people will express doubts to sober leisure
3. People will identify at least 2 ideas to change their excuses into solutions

Program Protocols for Weekly Session:

<table>
<thead>
<tr>
<th>Equipment/Supplies</th>
<th>Budget</th>
<th>Staffing Needs</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Steps 6 &amp; 7 from “12 Steps to Sober Leisure”</td>
<td>Cost of the book</td>
<td>1 Recreation Therapist</td>
<td>Group Room</td>
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<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
<td></td>
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<tr>
<td>60 minutes</td>
<td>Lack of self-confidence, self-doubt, emotional dysregulation, lack of leisure awareness, limited attention and concentration</td>
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<tr>
<td></td>
<td>Participant Criteria</td>
<td>Identifying as having SUD</td>
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<td></td>
<td></td>
<td>Participant Criteria</td>
<td>Identifying as having SUD</td>
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</table>
## Content and Process for Weekly Session:

<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description of excuses</td>
<td>Discussion</td>
<td>10 to 15 minutes</td>
</tr>
<tr>
<td>Step 6 (Bernard, 2018)</td>
<td>Worksheet</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Step 7 (Bernard, 2018)</td>
<td>Worksheet</td>
<td>20 to 25 minutes</td>
</tr>
</tbody>
</table>
Week 6 Group Outline

Overall Justification Research for Topic:

Csikszentmihalyi (as cited in Dattilo, 2015) states that “having leisure at one’s disposal does not improve the quality of life unless one knows how to use it effectively, and it is by no means something one learns automatically” (p. 60). To be able to show people how to participate in leisure is a fundamental aspect of leisure education, and therapeutic recreation as a profession (Dattilo, 2015; Rainwater, 1992). Exercise and mindfulness are extremely pivotal as they provide significant benefits for individuals in recovery from SUD, especially when applied in a therapeutic recreation setting (Fish, 2018; Bourque, 2020).

Purpose of Topic:

People will review Weeks 1 to 5, demonstrating their understanding of the benefits of leisure, their values, feelings and needs as they relate to leisure, constraints that they may experience regarding leisure, and how to overcome those constraints. This topic will explore how people would be able to pursue 2 new leisure activities post-treatment.

Goal of Topic:

1. To introduce people to 2 new leisure activities that can benefit a successful recovery from SUD.

Topic Objectives:

- Demonstrate their understanding of how leisure can positively impact their recovery
- Describe different forms of mindfulness and how they can be beneficial
- Identify how exercise can prevent chronic illness and how it can help in the recovery from chronic illness
- Become more motivated to participate in each form of leisure
- Learn new techniques to practice mindfulness and exercise

Performance Measures:

1. 50% of people will identify how leisure can positively impact their recovery from SUD
2. 50% of people will be able to explain how mindfulness can be beneficial
3. 50% of people will be able to explain how exercise can be beneficial

Program Protocols for Weekly Session:

<table>
<thead>
<tr>
<th>Equipment/Supplies</th>
<th>Budget</th>
<th>Staffing Needs</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worksheets, handouts, tv/screen, computer</td>
<td>Cost of equipment</td>
<td>1 Recreation Therapist</td>
<td>Group room</td>
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</tr>
<tr>
<td>Length of Session</td>
<td>Population Considerations</td>
<td>Location</td>
<td></td>
</tr>
<tr>
<td>60 to 90 minutes</td>
<td>Lack of physical literacy, lack of concentration and attention, limited mobility, limited physical fitness</td>
<td>Participant Criteria</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Identifying as having SUD</td>
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Content and Process for Weekly Session:

<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recap Weeks 1 to 5</td>
<td>Powerpoint/discussion</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Explain the benefits of exercise</td>
<td>Powerpoint/discussion</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Explain the benefits of mindfulness</td>
<td>Powerpoint/discussion</td>
<td>20 to 30 minutes</td>
</tr>
<tr>
<td>Introduce DROMMING</td>
<td>Powerpoint/discussion/video</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>
Week 7 Group Outline

Overall Justification Research for Topic:

The DROM Practice is designed to provide physical, mental, emotional and spiritual benefits that contribute to the overall wellbeing of participants and combat the body and brain challenges encountered in everyday modern life (Shah, 2020).

Purpose of Topic:

People will be able to experience a new leisure activity that combines the benefits of mindfulness and exercise into one activity, which can be practiced anywhere, anytime.

Goal of Topic:

1. To introduce people to a new leisure activity that can benefit a successful recovery from SUD.

Topic Objectives:

- To facilitate physical activity and exercise by providing an opportunity to DROM
- To improve confidence by providing an outlet for people to learn a new skill and accomplish a new goal
- To build team-work skills through participation in a social activity
- To improve emotional regulation skills by providing an activity that allows for people to ground themselves with a mindful activity
- To provide an appropriate emotional outlet by encouraging a safe, physically appropriate activity
- To improve cognition through participation in an activity that requires fine and gross motor skills
- To promote healthy leisure behaviour by introducing people to a new activity and teaching them how to participate in it

Performance Measures:

1. 75% of people will participate in the activity
2. 50% of people will talk about their experiences, unprompted, after participation in the activity
3. 25% of people will ask how to access DROM post-treatment

Program Protocols for Weekly Session:

<table>
<thead>
<tr>
<th>Equipment/Supplies</th>
<th>Budget</th>
<th>Staffing Needs</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certified DROM Instructor, wooden spoons/drumsticks, pillows, chairs</td>
<td>$100-$130</td>
<td>1 Recreation Therapist</td>
<td>Group Room</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Length of Session</th>
<th>Population Considerations</th>
<th>Participant Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 minutes</td>
<td>Limited physical mobility and fitness, pain, lack of physical skill, lack of co-ordination</td>
<td>Identifying as having SUD</td>
</tr>
</tbody>
</table>
Content and Process for Weekly Session:

<table>
<thead>
<tr>
<th>Content Topic Objectives</th>
<th>Process Topic Objective</th>
<th>Sequencing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recap what mindfulness and exercise are</td>
<td>Discussion</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Introduce DROM</td>
<td>Discussion</td>
<td>5 minutes</td>
</tr>
<tr>
<td>DROM participation</td>
<td>Activity</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Debrief</td>
<td>Discussion</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>
References


https://tigerprints.clemson.edu/all_theses/938/?utm_source=tigerprints.clemson.edu%2Fall_theses%2F938&utm_medium=PDF&utm_campaign=PD

SAMPLES OF WORKSHEETS

Self-Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

<table>
<thead>
<tr>
<th></th>
<th>I do this poorly</th>
<th>I do this rarely or not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>I do this OK</td>
<td>I do this sometimes</td>
</tr>
<tr>
<td>3</td>
<td>I do this well</td>
<td>I do this often</td>
</tr>
<tr>
<td></td>
<td>I would like to improve at this</td>
<td>I would like to do this more frequently</td>
</tr>
</tbody>
</table>

1 2 3 ★ Physical Self-Care
- Eat healthy foods
- Take care of personal hygiene
- Exercise
- Wear clothes that help me feel good about myself
- Eat regularly
- Participate in fun activities (e.g., walking, swimming, dancing, sports)
- Get enough sleep
- Go to preventative medical appointments (e.g., checkups, teeth cleanings)
- Rest when sick
- Overall physical self-care
Values
Self-Exploration

Values are the things in life that you feel are most important. While one person might value their family relationships above all else, another person might value their career. Everyone's values are different, and there's no "correct" set of values.

Instructions: Understanding your values will help you better focus on what's important to you. This worksheet will help you think, in detail, about what your values might be. If there are any sections that do not apply to you, feel free to skip them.

Family  Marriage  Parenting  Friends  Leisure  Work  Spirituality  Community  Health

Family Relationships (other than marriage)

1  2  3  4  5
Not Important  Very Important

Ideally, what would your family relationships be like?

What personal qualities would you like to contribute to your family?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve this area?
Motivations, Benefits, and Feelings

Space Requirements: Classroom or activity room

Equipment/Resource Requirements: Accompanying work sheet, blank paper and pencils, three empty shoeboxes or envelopes

Group Size: Small group

Program Goals:
1. To improve participants’ ability to identify their leisure motivations.
2. To improve participants’ ability to identify the benefits of leisure.
3. To improve participants’ ability to identify the feelings they experience with leisure.

Program Description:
Preparation:
Make copies of the Motivations, Benefits, and Feelings work sheet, one for each participant. Gather three boxes and label them “Round One,” “Round Two” and “Round Three.” Each round is comprised of four questions or words. Each round is related to a different topic area. These topics are:

- Round one: Leisure Motivations
- Round two: Leisure Benefits
- Round three: Leisure Feelings

Prepare the following questions and put each in its respective box:

- Round one:
  1. What motivates you to participate in activities around the home?
  2. What motivates you to participate in activities with others?
  3. What will motivate you to participate in healthier activities?
  4. What will motivate you to break old habits?

- Round two:
  1. What benefits are there to participating in leisure in general?
  2. What benefits are there to being sober while participating in leisure?
  3. What benefits can your family gain from participating together in leisure?
  4. What benefits can you gain from using leisure as a stress reliever?

- Round three:
  1. What feelings do you get when you participate in your favorite activity?
  2. What feelings do you get when participating with your family?
  3. What feelings will you experience when you participate in leisure while sober?
  4. What feelings will you seek most during your leisure?
Sobriety: A State of Abstinence

Sobriety: A state beyond abstinence, because it involves a reshaping of lifestyles and values as well as not using the problem substance.

1. What lifestyle and values reshaping have you undergone for your current level of sobriety?

2. What lifestyle and values reshaping do you expect you will need to make when you reenter the community?
Face the Feeling

1. How did you spend most of your time while you were using?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. What were your primary feelings or emotions while you were using? For example, were you elated, happy, sad, angry, bitter, satisfied, confident, lovable, anxious, inadequate, frustrated, hateful, bored, or nervous.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3. How did these feelings or emotions affect those around you?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. How did these feelings or emotions affect your day-to-day life?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. What changes would you like to make?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Personal Needs

1. Indicate which of the needs listed below are important to you by marking them with a star.
2. Indicate which needs are met by your job by placing a check mark in that column.
3. Indicate which needs are met by your leisure by placing a check mark in that column.

<table>
<thead>
<tr>
<th>Personal Needs</th>
<th>Important</th>
<th>Work</th>
<th>Leisure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sense of accomplishment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Personal satisfaction</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3. Compliments from others</td>
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<td></td>
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<tr>
<td>4. Sense of pride</td>
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<td></td>
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<tr>
<td>5. Building relationships</td>
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<tr>
<td>6. Being trusted</td>
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<td>7. Interaction with others</td>
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<tr>
<td>8. Physical activity and physical fitness</td>
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<td>9. Mental challenge</td>
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<tr>
<td>10. Relaxation</td>
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<tr>
<td>11. Appreciation of beauty</td>
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<td>12. Nature appreciation</td>
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<td>13. Helping others</td>
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<td>14. Giving advice to others</td>
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<td>15. Exercising leadership</td>
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<td>16. Making products</td>
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<td>17. Learning new things</td>
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<td>18. Craftsmanship</td>
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<td>19. Seeing new sites</td>
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<tr>
<td>20. Being productive</td>
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<td>21. Teaching others</td>
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<td>22. Being active</td>
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<tr>
<td>23. Improving society</td>
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<tr>
<td>24. Leaving a legacy</td>
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<td>25. ______________________________________________</td>
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<td>30. ______________________________________________</td>
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</table>
Times A’ Changing

List five to 10 leisure activities you participated in regularly.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Place a check mark by any of the activities that included using drugs or alcohol. How many check marks did you make? ____________

How could you make these activities not involve using drugs or alcohol?

1. 
2. 
3. 
4. 
5. 

What other activities would you like to find more information about or would like to try?

1. 
2. 
3. 
4. 
5.
Table 3.1 The passion scale

Describe an activity that you love, that is important for you, and in which you spend a significant amount of time
My favorite activity is: ________________________________

While thinking of your favorite activity and using the scale below, please indicate your level of agreement with each item

<table>
<thead>
<tr>
<th>Not agree at all</th>
<th>Very slightly agree</th>
<th>Slightly agree</th>
<th>Moderately agree</th>
<th>Mostly agree</th>
<th>Strongly agree</th>
<th>Very strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
1. This activity is in harmony with the other activities in my life 1 2 3 4 5 6 7
2. I have difficulties controlling my urge to do my activity 1 2 3 4 5 6 7
3. The new things that I discover with this activity allow me to appreciate it even more 1 2 3 4 5 6 7
4. I have almost an obsessive feeling for this activity 1 2 3 4 5 6 7
5. This activity reflects the qualities I like about myself 1 2 3 4 5 6 7
6. This activity allows me to live a variety of experiences 1 2 3 4 5 6 7
7. This activity is the only thing that really makes me feel alive 1 2 3 4 5 6 7
8. My activity is well integrated in my life 1 2 3 4 5 6 7
9. If I could, I would only do my activity 1 2 3 4 5 6 7
10. My activity is in harmony with other things that are part of me 1 2 3 4 5 6 7
11. This activity is so exciting that I sometimes lose control over it 1 2 3 4 5 6 7
12. I have the impression that my activity controls me 1 2 3 4 5 6 7
13. I spend a lot of time doing this activity 1 2 3 4 5 6 7
14. I love this activity 1 2 3 4 5 6 7
15. This activity is important for me 1 2 3 4 5 6 7
16. This activity is a passion for me 1 2 3 4 5 6 7
~ STEP SIX ~

WERE ENTIRELY READY TO . . . CORRECT OUR DEFECTS OF LEISURE.

To arrive at the sixth step, there has to be a readiness — a readiness to let go of the old lifestyle and behaviors and adopt new healthier ones. What happens for some is that they are not ready to let go. There is a certain comfort in the chaos brought on by using, because it's been a way of life for a long time. Even though recovery is a positive change, there is a hesitation. Change is scary, change is uncomfortable and sometimes, painful. Try this experiment right now: put your watch on the other wrist. (I'll wait). Feels uncomfortable, right? If you decided to wear it like that, it would feel strange, and you would be tempted to put it back on the other wrist. What if you were told that in order to save your life you had to wear it like that?

When a person stops using, they feel uncomfortable — physical withdrawals, emotional turmoil as unexpressed feelings begin to surface, and dealing with not having a drink or a drug to make it all go away. The thing about the watch is this; nothing has changed about the watch itself, it's just being worn differently. Relating this to early recovery, the newly sober person is experiencing life differently. Not much changed in the world when they stopped using, they are just now living in a new way, and many want to go back to the old way because it's more comfortable.

What does all of this have to do with sober leisure? Some were perfectly fine with the ways things were with their leisure being as dysfunctional as it was. Almost everything they did was associated with their use, and because of that, they have trouble seeing themselves having fun without drugs or alcohol. It seems foreign to go to a concert, the movies, a game, etc, sober. Many will try move forward in this new way, but because they feel uncomfortable, they will begin to self-sabotage. Excuses will be made, and barriers to sober leisure choices will be put up. In order to make healthy changes, these barriers need to be overcome.

Although you may be ready to correct your defects of leisure, you need to be aware of how you get in your own way and create barriers to making healthy choices.
Take a moment and list your top 4 excuses – ones you’ve often used:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Sometimes when we see our excuses in black and white, we can begin to see how we create our own problems.

Identify ideas on how you can change these same excuses (problems) into solutions:

1. ___________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. ___________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. ___________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. ___________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
~ STEP SEVEN ~

HUMBLY . . . SOUGHT GUIDANCE ABOUT OUR DOUBTS AND FEARS ABOUT SOBER LEISURE.

As stated in Step six, change is uncomfortable. Experiencing life without using can be very daunting. People in early recovery are fearful of the changes they have to make, and have doubts and fears about whether or not they’ll be able to stick with it. Changing people, places and things is necessary for recovery. A lot of these changes are directly related to leisure choices. Many struggle here, especially with the “people” piece. Unhealthy friendships are held onto for a number of reasons. One of these is the fear of being alone or lonely. Some find out the hard way that their friends weren’t ever really their friends at all, and the only thing they had in common was using.

Another common fear of those in early recovery is boredom. A sober lifestyle, when compared to the using lifestyle, appears dull to some in their early stages of recovery – this can be especially true for young people. Regardless of age, “boredom” is a trigger for picking up again. “There’s never anything to do”. Boredom is more about not knowing what to do. It can often be associated with an emotion/feeling. For example, someone can be sitting at an event with lots of people and activities, and be “bored”. In reality, they are anxious, depressed, angry, sad, and they don’t know how to make themselves feel better.

Talking about how to deal with boredom, loneliness, and other challenges of having fun in sobriety are important topics to be discussed in groups, meetings, or one-to-one. It is often a topic that is overlooked (until now, I hope). Take a moment and write down some of the doubts and fears you have about sober leisure and then find someone to talk to about them!
Doubts I have about myself when it comes to sober leisure:


Concerns I have about my relationships with my family/significant others:


People, places or things that could lead to a relapse:


The thing that scares me the most about being sober:


What will be my biggest challenge when it comes to participating in leisure without using?