

STAY ON COURSE

The purpose of Stay On Course is to help you stick to changes you've made to your drinking or drug use. It will guide you through a series of simple questions and exercises. It should only take 10 – 15 minutes to complete.

WORKER'S NOTES

This tool is designed to help guide a conversation with someone who is cutting down or stopping their substance use and needs a plan to stay on course. It is based on relapse prevention and management approaches. It is not intended to replace a full clinical intervention.

Please consider all risk, safety, consent, and confidentiality issues before commencing. If now is not a good time, this resource can be taken away and read at a later date. A guide to using this tool can be found at www.insight.qld.edu.au

NAME:

DATE:



1 THINGS ARE CHANGING

Let's think about what that means for you.

THE CHANGES YOU HAVE MADE / ARE MAKING ARE ...

e.g. quit drinking, cut down, use more safely, having a break for a month - be as specific as you can.



2 YOUR REASONS



THE MAIN REASONS YOU'VE DECIDED TO MAKE THESE CHANGES ARE ...

This could include things you really care about, and again try to be specific. e.g. health, relationships, finances, work, mood, appearance.



Take a photo of something that represents your reasons for change, to remind you what's important. Keep it visible e.g. wallet, fridge, or save it as your phone or computer desktop background.

Or try recording your reasons on your phone and play them back when you need reminding.



3 WHAT'S WORKING? ★★★★★

THINGS THAT ARE HELPING YOU ARE ...

e.g. keeping a diary, exercising, using an app when I have cravings, eating three meals a day.



4 MY SUPPORTS



THE PEOPLE WHO ARE SUPPORTING YOU ARE ...

e.g. worker, peer support group, helpline, friends, family member.

IS THERE ANYONE ELSE YOU CAN ASK FOR SUPPORT?

Consider sharing your plan with people you trust.



5 YOUR ACHIEVEMENTS



SOMETHING YOU'RE PROUD OF IS ...

e.g. reconnecting with friends / family, saying no, limiting use to weekends, cooking a meal, exercising. Nothing is too small. Celebrate your efforts along the way.

Take some time to look in the mirror and reflect on how far you have come!

PLEASE TURN OVER

6

MANAGING TRIGGERS

This page looks at the people, places, activities and thoughts that could steer you off course (i.e. 'triggers'). It can be useful to develop strategies to manage these triggers until you feel strong.



PEOPLE

In the space below identify people who you associate with your drinking or drug use.
e.g. who I used to drink or use with, who upset me, who have different values to me.

THINGS YOU CAN TRY ...

e.g. avoid them, delete contacts from your phone, tell them your plans, join an online forum or support group.

ACTIVITIES, TIMES & PLACES



In the space below identify activities, times and places that are - or could be - difficult.
e.g. being offered a drink or drug, social situations, festivals, the weekend, anniversaries, pay day.

In this box identify things that might help you to cope with these situations.
e.g. suggest other activities to do with friends, change routine, plan something to look forward to on a difficult date.



THINGS YOU CAN DO TO REWARD YOURSELF THAT DON'T INVOLVE ALCOHOL OR DRUGS ...

e.g. do something fun, buy something, go on a holiday.



REMEMBER, IF YOU SLIP UP IT'S NOT A FAILURE.

You don't have to go back to the way you used to drink or use. You can always do something to get back on course. Learn from the experience, be kind to yourself and keep going.

THOUGHTS & FEELINGS



In the space below identify thoughts and feelings that are difficult to manage.

e.g. cravings, tension, worry, shame, anger, boredom "once won't hurt", "nobody cares".

In this box identify things that might help you to cope with these thoughts and feelings.

e.g. delay / distract / do something else, "urge surfing", mindfulness, relaxation exercises, journal, schedule each day, do something soothing - colour in, pat the dog.



IF YOU DO SLIP UP, THE PERSON YOU COULD CONTACT IS ...

MANY PEOPLE BENEFIT FROM EXTRA HELP.

Talk to a support person or call the free national Alcohol and Other Drug Hotline 24 hours a day to speak with a counsellor.

1800 250 015

WELL DONE! YOU NOW HAVE A PLAN TO STAY ON COURSE.



Clients have provided feedback on this publication.

insight

Centre for alcohol and other drug training and workforce development



Queensland Government