

## Challenge One Journal, Part A

### ■ MY LIFE

Try to think about every aspect of your life. In the chart below, put a check in the box that best describes where you stand right now at this moment with each aspect of your life.

<b>My Life</b>	<b>Going Great</b>	<b>Going OK</b>	<b>Problems, but Not Serious</b>	<b>Problems Weighing Heavily on Me Right Now</b>
Home life				
Love life				
Job/Career				
Financial				
Social life in general				
Close friends				
Family relationships				
Fun/ recreation				
School (if relevant)				
Legal issues (if relevant)				
Sleep				
Managing anger				
Managing mood				
Managing tension and stress level				
Health				

What is going best in your life right now?

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What aspect of your life weighs most heavily on you right now?

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What *specifically* is the problem that weighs most heavily on you right now?

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**■ WHEN IS IT SAFE TO TELL THE TRUTH**

Many people lie about their drug use because they believe they will be criticized, judged harshly, or get in trouble. We have to learn when is it safe to be open and honest with other people, and when it's not.

What sort of things do people do that sometimes makes it hard for you to tell them the truth?

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What can people do to make it easier for you to tell them the truth?

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When you were a child or teen, was there an adult to whom you could tell the whole truth about what you were thinking, feeling, and doing?  Yes  No

If YES, who was it \_\_\_\_\_

If YES, what was it about that person that allowed you to be honest?

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If NO, what would you have needed from a person in order to feel that it was safe to talk openly and honestly about yourself?

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## ■ TRUTHS, HALF TRUTHS AND LIES

Which of these people have you lied to or misled about your drug use?

Put an X next to all that apply.

- Romantic partner / spouse
- Friends
- People at work
- Probation officer (if on probation)
- Parents (if involved in your life)

Who else have you lied to, or misled? \_\_\_\_\_

Why did you lie or mislead these people? \_\_\_\_\_

What would have happened if you had told the truth? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Give some examples of what you said to cover up, mislead, or lie to people about your drug use.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Challenge One Journal, Part B

### ■ TRUST / OPENING UP

What does trust mean to you? \_\_\_\_\_

What person do you trust most? \_\_\_\_\_

What is it about this person that lets you trust him or her as much as you do? \_\_\_\_\_

At this point in your life, with this person you trust or someone else, could you talk openly and honestly about what you are thinking, feeling and doing?  Yes  No

Does this include telling this person everything about your use of alcohol and other drugs?

Yes  No

If NO, what would you need from someone in order to feel that it is safe to talk openly and honestly about your use of alcohol and other drugs?

Think of who else you trust.

I trust \_\_\_\_\_ because \_\_\_\_\_

I trust \_\_\_\_\_ because \_\_\_\_\_

Are you in a marriage or committed relationship?  Yes  No

If YES, can you talk openly and honestly with this person about your life, including your use of alcohol and other drugs?  Yes  No

If YES, what happens when you are open and honest? \_\_\_\_\_

If NO, what do you think would happen if you were completely open and honest? \_\_\_\_\_

Do you have people in your life whose opinion you value who could give you feedback on your drug use without being cruel or judgmental, and without punishing you in some way?  Yes  No

If YES, who is the person(s)? \_\_\_\_\_

How do you handle criticism from others?

- Not listen. See it all as bad. Reject it.
- Listen and use it as ammunition against myself.
- Listen, think about it, and accept only what is helpful.

Check all that applies below: Has your use of drugs caused you to?

- Be secretive
- Lie to family
- Lie to romantic partners
- Lie at work
- Lie to counselors
- Lie to friends

■ THINKING ABOUT YOUR LIFE

Welcome to the *The Seven Challenges Journals*. These Journals are written to support you in being smart and making your own wise decisions about your life and your use of alcohol and other drugs.

How much do you think about what's happening in your life  
and where you seem to be headed?

Circle a number:

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

Not much at all;  
go with the flow

Somewhat

A lot

How do you feel about the way things are going in your life?

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

Very unhappy

OK, not great  
not bad

Very happy

If you are not a 10, what part of your life would you like to make better?

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## ■ WHAT YOU SAY TO YOURSELF WHEN YOU DRINK OR DO DRUGS

Before drinking or getting high, people are usually thinking something. It's almost like they talk to themselves. For example:

- Go ahead, have fun.
- This will make your troubles go away.
- It's time to party.
- I'm so mad, I don't care.
- You know you want it, so just do it

What were some of the thoughts that would run through your mind before you drank or got high? Below is some space to write them down.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

Look at your list above. Circle the one that most often went through your mind before drinking or using drugs.

## Challenge Two Journal

### ■ THE CHECKLIST

Here is a list of some of the things that people like about using drugs. What have you liked? Usually there are many things. Put a check next to the ones that apply to you.

Forget problems

Which ones? \_\_\_\_\_  
\_\_\_\_\_

Stop worrying

About what? \_\_\_\_\_  
\_\_\_\_\_

Make anger go away

Stop feeling bored

To relax

Have fun

Show that no one can stop me

Enjoy the thrill

Enjoy the mischief

Get out my anger

Talk more freely with other people

Not feel so bad about myself

Tolerate problems at home

Enjoy the excitement of breaking rules

Lets me act crazy

Excuse to be stupid

Makes life tolerable

Makes my unpleasant thoughts go away

Calms me down

Cope with stress

Stress from what? \_\_\_\_\_  
\_\_\_\_\_

- Stop feeling pain
- Stop feeling sad
- Stop feeling suicidal
- Look cool
- Show off
- Get a lot of attention
- Try something new
- Tolerate my family
- Tolerate school or work
- Improve my mood
- A way to reward myself
- Keep a reputation
- Meet friends when I'm high
- Be part of a group
- Feel comfortable with friends
- Fit in at a party
- Do something risky or dangerous
- To be loved
- To celebrate
- Other reasons \_\_\_\_\_

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Now go back through the list and *put the numbers one to five next to the five most important reasons you used drugs.*

### ■ THE DRUG LIFESTYLE

One way to know that you are headed for trouble with alcohol or other drugs is when you start living a problematic drug lifestyle. Here are some of the characteristics of this lifestyle. Check the ones that apply to you.

- Starting to think it's OK to tell lies.
- Starting to think that you can live without pain and distress. You can avoid all unhappiness by using drugs to forget.
- Operating on the belief — “If it feels good, do it” — regardless of consequences to self and others.
- Becoming self-centered and believing it is OK to do whatever it takes to get what *you* want. You feel free to take whatever you want.
- Breaking promises to yourself or others.
- Starting to think that any authority figure is the enemy.
- Hurting people who care about you, sometimes without even realizing it.
- Becoming selfish and thinking “it has to be my way.”
- Thinking that people who talk to you about the harm from drugs don't know anything, don't care about you, and want to ruin your fun.
- Ditching/skipping work (or school).
- Using huge amounts of drugs.
- Sleeping during the day or sleeping a lot.
- Committing criminal acts

If so, which ones? \_\_\_\_\_

List other ways you are living a problematic drug lifestyle

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

## ■ IN CONTROL OR OUT OF CONTROL?

One sign of alcohol or other drug problems is loss of control. Here is a checklist to help you think through how you are doing. Have you:

- Used a drug you said you never would use
- Used a drug more than you planned
- Used a drug more than was safe
- Felt bad about yourself because of your drug use
- Had times where you just couldn't stop yourself
- Said you were going to stop drinking or doing drugs for a certain period of time, but didn't
- Passed out
- Done things you regretted while high or to pay for drugs
- Had gaps in memory. Either been told you did things but didn't even know it, or woke up somewhere without knowing how you got there (blacking out)
- Used drugs at times and places you said you never would use them (such as at work, school, between parties, alone, etc.)
- Kept using a drug because you were afraid you would feel bad if you stopped

Have you ever tried to cut back on your use of alcohol or others drugs? (just one joint, just one drink, nothing tonight, nothing for a week, etc.)  Yes  No

If yes, how did it go? \_\_\_\_\_  
\_\_\_\_\_

What was your drug use like when you started The Seven Challenges Program? \_\_\_\_\_  
\_\_\_\_\_

Compare your drug use when you started getting help to what it was like six months before that time.

\_\_\_\_\_

What was your drug use like one year before you started getting help? \_\_\_\_\_  
\_\_\_\_\_

How does your drug use now compare with what you wish it would be if you were in complete control?  
\_\_\_\_\_  
\_\_\_\_\_

Are you concerned that you may have lost control or are in the process of losing control of your drug use?  
 Yes  No

## Challenge Three Journal

### ■ HARM FROM DRUG USE

Write down ways you think your drug use has harmed you or others; or will harm you or others if you don't make changes in your life. To help you think it through, different categories are listed below.

My body: \_\_\_\_\_  
\_\_\_\_\_

My mind: \_\_\_\_\_  
\_\_\_\_\_

My relationship with my family: \_\_\_\_\_  
\_\_\_\_\_

My self respect and self esteem (how I feel about myself): \_\_\_\_\_  
\_\_\_\_\_

My relationships with friends: \_\_\_\_\_  
\_\_\_\_\_

My sense of what's right and wrong: \_\_\_\_\_  
\_\_\_\_\_

My job/career/school: \_\_\_\_\_  
\_\_\_\_\_

Trouble with the law: \_\_\_\_\_  
\_\_\_\_\_

Love life/romantic relationships: \_\_\_\_\_  
\_\_\_\_\_

Things I did to get drugs or to get money for drugs: \_\_\_\_\_  
\_\_\_\_\_

Things I regret I did when high or drinking: \_\_\_\_\_  
\_\_\_\_\_

Stealing: \_\_\_\_\_  
\_\_\_\_\_

Loss of old recreational interests: \_\_\_\_\_  
\_\_\_\_\_

Loss of old friends: \_\_\_\_\_  
\_\_\_\_\_

Loss of hope about the future: \_\_\_\_\_  
\_\_\_\_\_

Physical harm to others: \_\_\_\_\_  
\_\_\_\_\_

Emotional harm to others: \_\_\_\_\_  
\_\_\_\_\_

Damage to property: \_\_\_\_\_  
\_\_\_\_\_

From the list above, write down the harm from drugs that bothers you the most:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_