

## Understanding and Management of Destructive Behaviours Lesson 1

### Relapse Stages - Handout

<b>Relapse is a staged process that you can interrupt at any point. Be aware of the following factors:</b>	
Lifestyle	<ul style="list-style-type: none"> <li>• Less frequent participation at therapy sessions               <ul style="list-style-type: none"> <li>○ Decreased sleep hygiene</li> <li>○ Poor eating habits (frequency and choice of food)</li> <li>○ Not taking care of illnesses</li> </ul> </li> <li>• More contacts with people linked to unhealthy behaviour</li> <li>• Increased exposure to events/things connected with impulse</li> <li>• Greater exposure to stressful situation without seeking support and increasing protecting factors (self-care, participation at meetings and psychotherapy)</li> <li>• Reduced/more rigid structure/plans</li> <li>• Increased risk-taking behaviour</li> <li>• Greater viewing of programs/movies depicting the impulsive behaviour as not problematic</li> <li>• Reduced participation in activities (sport, leisure, social, family...)</li> <li>• Lies</li> <li>• Decreased help seeking</li> <li>• ...</li> </ul>
Emotions	<ul style="list-style-type: none"> <li>• Perceived difficulties coping</li> <li>• Mood swings</li> <li>• Recurrent unpleasant/negative emotions</li> <li>• ...</li> </ul>
Cognition	<ul style="list-style-type: none"> <li>• Belief that others cannot help</li> <li>• Confidence that support is not needed</li> <li>• Intolerance</li> <li>• Inflexibility</li> <li>• Belief that pain and unpleasant emotions can be eliminated from one's life</li> <li>• Search for happiness/joy 100% of the time</li> <li>• Thoughts about people, places, and things connected to addictive behaviour</li> </ul>

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	<ul style="list-style-type: none"> <li>• Glorification of the impulsive behaviour</li> <li>• Diminished perception of the effects of the impulsive behaviour/relapse</li> <li>• Contemplation of relapse</li> <li>• Plans of relapse</li> <li>• ...</li> </ul>
Behaviour	<ul style="list-style-type: none"> <li>• Hiding</li> <li>• Calling others to engage in the unhealthy behaviour</li> <li>• Going to the place to engage in the unhealthy behaviour</li> <li>• Engaging in the unhealthy behaviour</li> <li>• ...</li> </ul>
Remember: <b>you</b> can <b>interrupt</b> this process at any moment	

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## **Understanding and Management of Destructive Behaviours Lesson 1**

### **Coping with Cravings and Urges - Handout**

**I can cope with cravings and urges by practicing the following:**

Talking to someone about the craving and urge

Distracting myself

Thinking about the negative consequences of giving in to the craving and urge

Cheerleading (I can do it, I have managed cravings and urges before...)

Thinking about the rewards and positive consequences of not giving into the craving and urge

Planning/engaging activities I can enjoy when I do not engage in the unhealthy behaviour

Mindfully surf the urge without being wiped out by it

Visiting someone who I can feel good with

...

# Understanding and Management of Destructive Behaviours

## Lesson 1

### Becoming Aware of Urges Handout

Date and time	Type of urge	Intensity of urge 0-100	Factors that may have contributed to urge	What I could do at the moment to not give in to the urge	What I did to not give into the urge	Intensity of urge 0-100	Duration of the urge

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## Understanding and Management of Destructive Behaviours Lesson 2

### Functional Analysis of Problematic Behaviour Handout (Adapted from Courbasson & Dixon, 2000)

Problematic behaviour to be analyzed	
Vulnerability factor(s)	
Prompt(s)	
Thought(s)	
Emotion(s)	
Behaviour(s)	
Thought(s)	
Emotion(s)	
Behaviour(s)	
Thought(s)	
Emotion(s)	
Behaviour(s)	
Thought(s)	
Emotion(s)	
Behaviour(s)	
Thought(s)	
Emotion(s)	
Behaviour(s)	
Consequences of giving in on myself	
Consequences of giving in on my environment	
Ways to reduce my vulnerability in the future	
Useful skills	

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Ways to repair the behaviour and be kind to myself	
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## Understanding and Management of Destructive Behaviours Lesson 2

### My Relapse of Unhealthy Behaviours Management Handout

Today's date:

My reminders	<ul style="list-style-type: none"><li>• Urges to engage in the unhealthy behaviour will pass</li><li>• I have successfully managed urges before so I can do it again</li></ul>
My strategies	<ul style="list-style-type: none"><li>• Drink a glass of water</li><li>• Do a deep breathing exercise</li><li>• Leave the situation (if possible)</li><li>• Go for a walk without my wallet</li><li>• Review my schedule to balance work and fun</li></ul>

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## Understanding and Management of Destructive Behaviours Lesson 3

### Stimulate Your Mind on Activities Unrelated to Unhealthy Behaviours Handout

<b>You can build your strength and ability to avoid relapse by focusing on the following factors:</b>	
Nutrition	
Sleep	
Physical activity	
Music	
Seek novelty	
Challenge	
Creative	

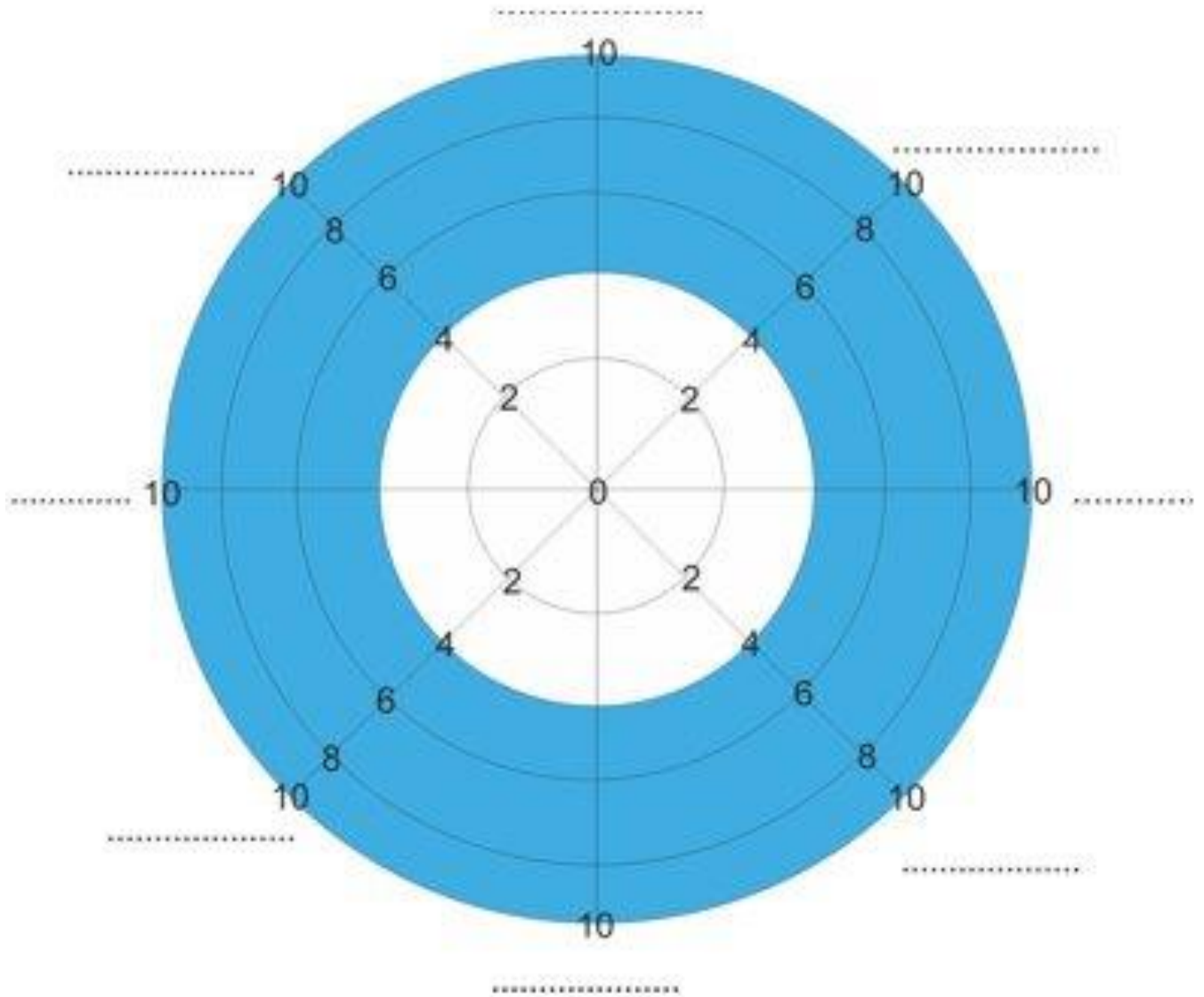
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Hard way	

## Understanding and Management of Destructive Behaviours Lesson 4

### The Wheel of Life Exercise Handout



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**The Wellness Wheel (Handout)**



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**The Closer to Wellness (Handout)**

You should 3 different areas you like to improve on (for example, social, financial and marital)  
Please elaborate on the areas you have selected on Section B.

Improvement domains		
1. 2. 3.		
New behaviours in domain 1 1. 2. 3.	New behaviours in domain 2 1. 2. 3.	New behaviours in domain 3 1. 2. 3.
New thoughts in domain 1 1. 2. 3.	New thoughts in domain 2 1. 2. 3.	New thoughts in domain 3 1. 2. 3.
What I will do today to improve this domain:	What I will do today to improve this domain:	What I will do today to improve this domain:
My learning with this exercise:		

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