



The Shade Project

“Managing alcohol & other drugs” review

Thank you for completing the skills module “Managing alcohol & other drugs”

The final step in completing this module is to look back over your experiences work out what you can take away with you for use in your everyday life.

Which skills did you use the most or like the most?

- Coping with Cravings (craving plan)**
- Emergency planning**
- Drink/drug refusal skills**

What did you learn in completing this skill module? Have you noticed any differences since completing this module? Have you been able to take charge of your thoughts, and how has this helped in your everyday life?

Which skills will you continue to use in your everyday life?

- | | | |
|--------------------------|-----------------------------|---|
| <input type="checkbox"/> | Coping with Cravings | Daily practice / Coping strategy |
| <input type="checkbox"/> | Craving Plan | Daily practice / Coping strategy |
| <input type="checkbox"/> | Emergency Plan | Daily practice / Coping strategy |
| <input type="checkbox"/> | Refusal Skills | Daily practice / Coping strategy |