



The Shade Project

Summary - Session 5

Take-home Activities

- As best you can, fill out the Managing Thoughts sheet at those times when you notice you are feeling depressed, negative, unhappy, bored etc. and when you feel like a drink/other drugs. Write down your thoughts as if you were speaking them out loud – use exactly the same words that are in your thoughts without evaluating them before you write them down. Then go through the steps in managing these thoughts.
- Practice Mindful Walking and mindfulness with other routines each day and write down on the Activity Log those times when you do mindful walking (you may also like to plan ahead when you will practice this exercise).
- Use your Mindful Breathing activity for 10 minutes each day, and write down when you do so on the Activity Log.
- Try to fill out the Activity Log one day ahead, and plan time for at least 1 pleasant and 1 achievement activity to take place on each day.
- As best you can, continue to change your drinking/using over the next week. Try out the “Coping with Cravings” activities to see which ones work best for you. Add any extra activities that help you deal with your cravings.

Plan for Completing Take-home Activities: _____
