



# The Shade Project

## Summary - Session 6

### 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, Mindful Breathing and mindfulness with other routines each day and write these times down on the Activity (you may also like to plan ahead when you will practice this exercise).
- Practice your 3-minute Breathing Space as planned on your Activity Log, and also use it for those times when you are feeling overwhelmed, stressed or are experiencing a craving.
- 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.
- Put your plan from the problem-solving exercise into practice this week. Try it out and see what happens.

**Plan for Completing Take-home Activities:** \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---