

## Worksheet For Identifying Healthy Replacements For Alcohol/Drugs

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First identify a role or function that the chemical played; then identify some things that you can do instead of drinking/using when that need returns. Examples:

Role Played	Healthy Alternatives
<i>Stress management</i>	<i>Physical exercise, self-hypnosis, self-hypnosis, guided imagery, learning new problem solving skills, eliminating procrastination, practice better organization, practicing cognitive therapy, AA meetings, listening to music.</i>
<i>Entertainment/Having fun</i>	<i>Develop social support system and friendship network of people who do not drink/use, develop hobbies, take salsa dance lessons, learn to play tennis, watch movies with friends.</i>
<i>Deal with feelings</i>	<i>Learn to identify, own, and express feelings appropriately, learn and practice assertiveness skills, write letters to people that you have feelings about (but don't mail them), use prayer, look for the part that you play in the resentment or the conflict, talk to sponsor or friend, remind yourself that feelings are normal, that everyone has them, and that you have a choice and a responsibility about what to do with them.</i>
<i>Wind down and go to sleep</i>	<i>Use good sleep hygiene, get exercise earlier in the day, read Big Book in bed, use thought stopping techniques to cut out mind-racing, ruminating, or worry, make an ongoing gratitude list and rehearse it in your mind as you lie in bed, take warm bath/shower, listen to relaxation tapes.</i>

The above are only a few examples of the roles that the chemicals may have played in your life. You might use the same replacements used for different roles, such as exercise for stress, winding down to sleep, boredom, and others. Make sure that your replacement lists include social activities that bring you into frequent contact with other sober people. Post it by your door, in your vehicle, at your job-wherever you can see it when you most need to be reminded that there are alternatives in your life to the chemical.

