

Self-Reflection #1 (Lesson 1)

In some cases, people experience traumatic events as a result of their drinking, drug use, or other high-risk addictive behaviors.

Please describe any ways you feel your addictive patterns have led to you suffering traumatic experiences.

Self-Reflection #2 (Lesson 1)

Sometimes the connection between addiction and anxiety works in the other direction:

The traumatic experiences or other anxiety problems come first, and when people use substances or behaviors to temporarily block the pain, they can get hooked.

Have painful experiences led you to drink, use, or otherwise act out addictively? If so, write down the experiences or symptoms you use substances to block.

Self-Reflection #3 (Lesson 2)

Choose the trauma-related symptoms you have been feeling:

- | | | |
|------------------------|---------------------------|-----------------------------|
| Nightmares | shame, | chronic pain |
| Flashbacks | heightened startle | insomnia |
| intrusive memories | response | rage, |
| troubles concentrating | getting emotionally | self-destructive behaviors, |
| memory problems | overwhelmed | eating disorders, |
| hopelessness | feeling emotionally numb, | substance abuse |
| anxiety | dissociation | suicide attempts |
| panic attacks | headaches, | other |
| depression | stomach aches, | |

For each symptom selected, write the physical sensation you felt, the thoughts you had, and your behavior response.

Examples:

Physical Sensation – heart pounding, sweatiness, dizziness, shaky, tunnel vision

Thoughts – expecting something terrible to happen, negative thoughts, negative self-talk

Behavior Response – Running away, avoiding places, or using substances.

	Symptoms	Physical Sensation	Thoughts	Behavior Response
1.				
2.				
3.				
4.				
5.				
6.				

Self-Reflection #4 (Lesson 2)

List 6 ways that managing your symptoms will be critical for your sobriety from addictive or other self-destructive behaviors.

For example:

1. Imagine what life would be like if you were not sidelined by these fears and symptoms. What kinds of things would you be able to do that trauma has kept you from doing?
2. 2. Imagine the things that you won't have to worry about because your symptoms are under control. Add these to your list as well.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Lesson 3

1. What is not one of 2 ways to cope with stress and anxiety symptoms related to trauma?
 - a. Fight
 - b. Funnel
 - i. Correct Answer
 - c. Flight
2. What is not mentioned as a way for you to cope with your stress and anxiety symptoms?
 - a. Riding the wave
 - b. Square Breathing
 - c. Give a speech in front of 500 people
 - i. Correct Answer