

# Reality Check Web Weekend Client Worksheets

**Client Worksheets List: Use in program and keep for your records.**

**DO NOT MAIL**

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. Client Response Journal           | Client Worksheet(s) 01-05 |
| 2. Jellinek Chart                    | Client Worksheet 06       |
| 3. Self-Defeating Behavior (Circles) | Client Worksheet 07       |
| 4. Cost-Benefit                      | Client Worksheet 08       |
| 5. Positive Change (Circles)         | Client Worksheet 09       |
| 6. Change Plan                       | Client Worksheets 10-11   |

# Responses to Reality Check Web Weekend

## Journal Instructions

Please record the one or more of the following in this journal after each segment of Reality Check Weekend Program material presented:

- What you learned from the segment;
- What you found to be new or interesting information from the segment;
- What insights you have in response to the segment;
- What aspect of the material, presenters, or group discussion you especially enjoyed;
- What you have discovered or realized about yourself relative to the segment presented?
- What the segment was about and how studying this segment may be useful.

Journal Segments:

1. The Brain and Neuroscience


2. Treatment Approaches, Disease Concept, and Movie "Pleasure Unwoven"


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**Client Worksheet 01**

3. Stress, High Risk Behavior, Denial, Dual Diagnosis


4. Venn Diagram of Alcohol Consequences and Medical Consequences


5. Jellinek Chart of Progressive Nature of Alcoholism


6. Cost / Benefit Analysis


7. Self-Defeating Behaviors and Cognitive Dissonance


8. Communications and Anger Management


9. The Family: Effects of Drugs and Alcohol on the Family


10. Movie: "Flight"


11. Highway Safety and Penalties


12. Victim Impact Presentation

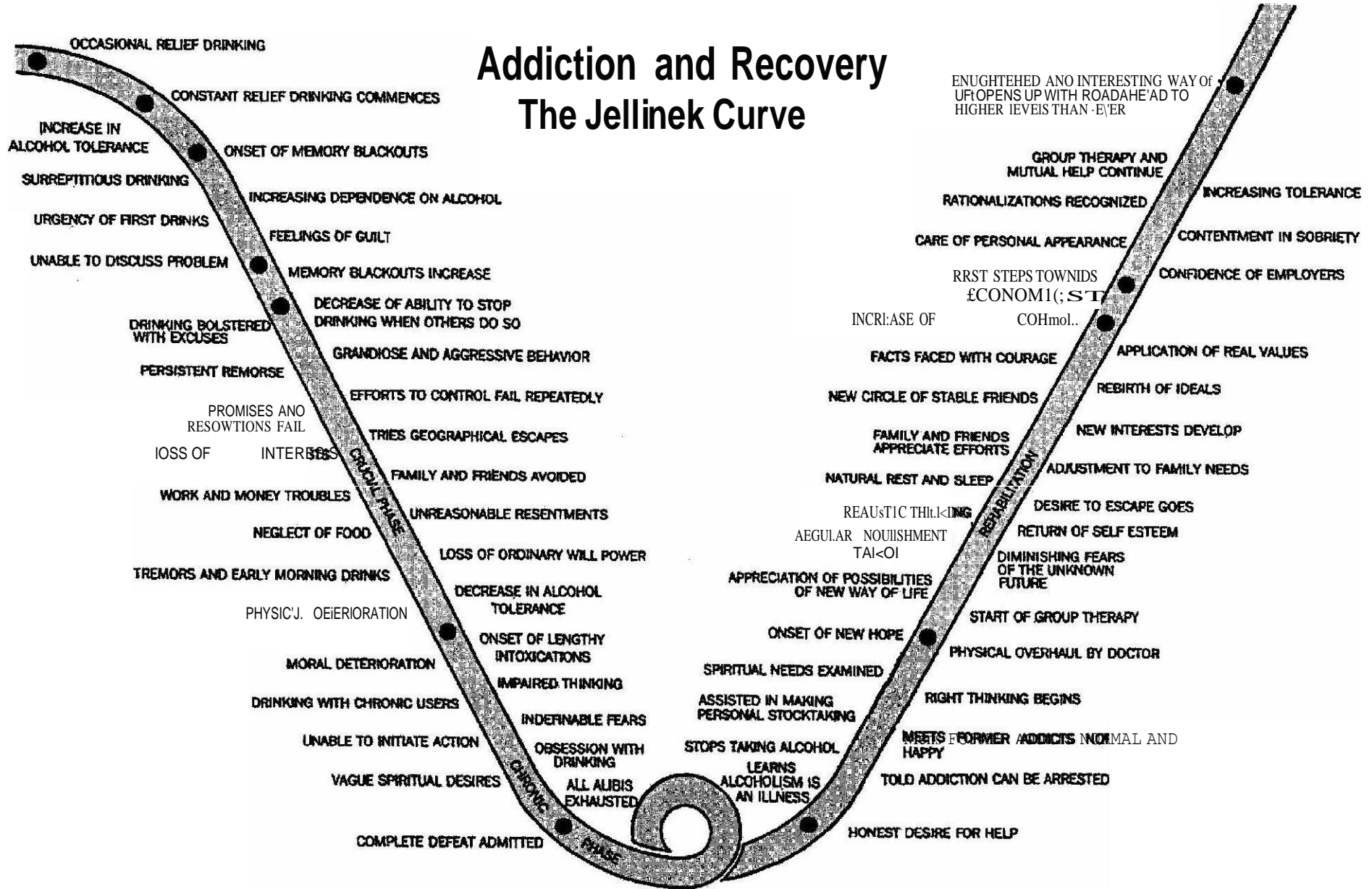

13. Relapse and Recovery and Self-Help Groups


14. Creating an Effective Change Plan


15. Movie "The Secret" and "The Miracle Man"

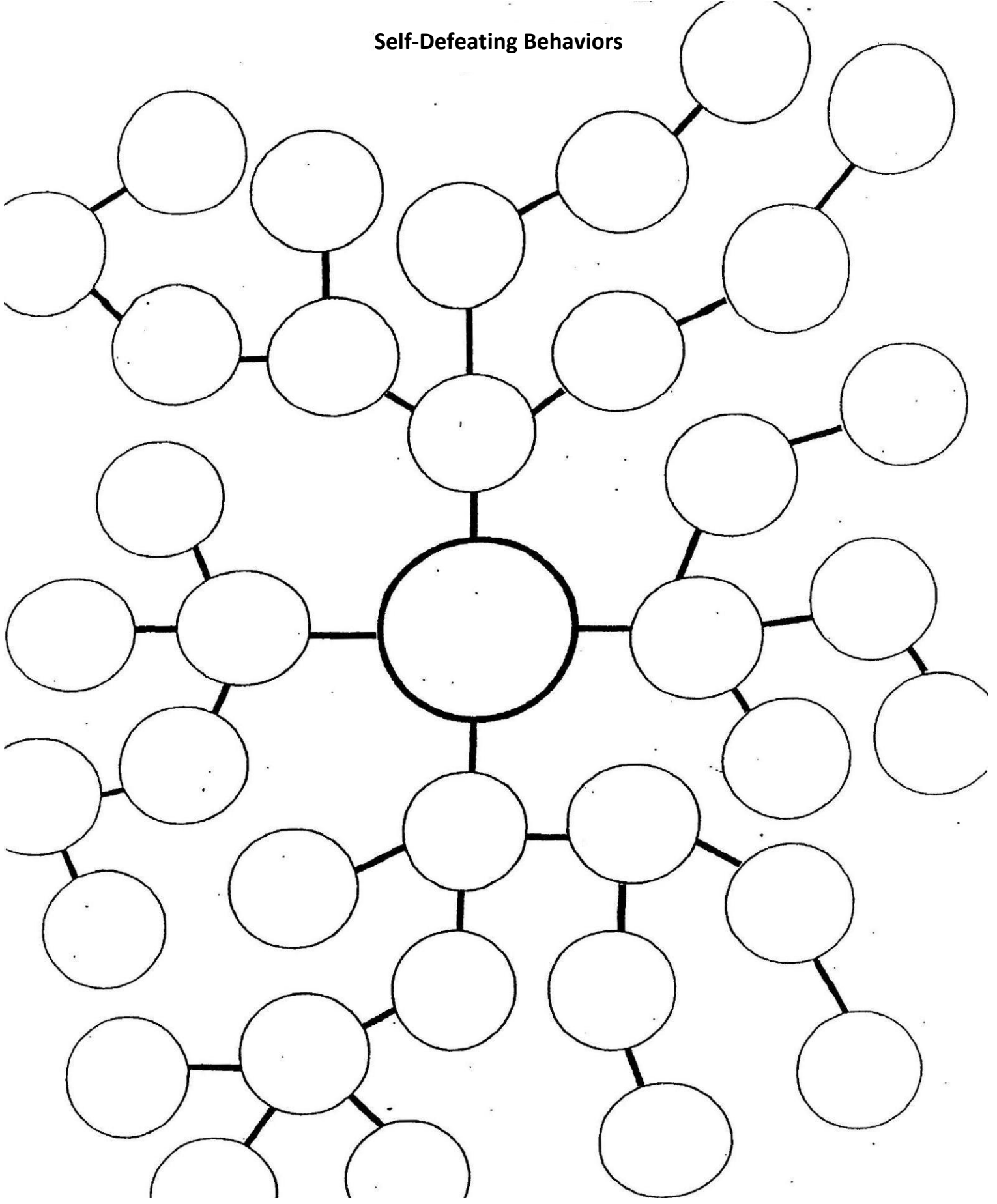

# Addiction and Recovery

## The Jellinek Curve



OBSESSIVE DRINKING CONTINUES IN VICIOUS CIRCLES

# Self-Defeating Behaviors



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Client Worksheet 07



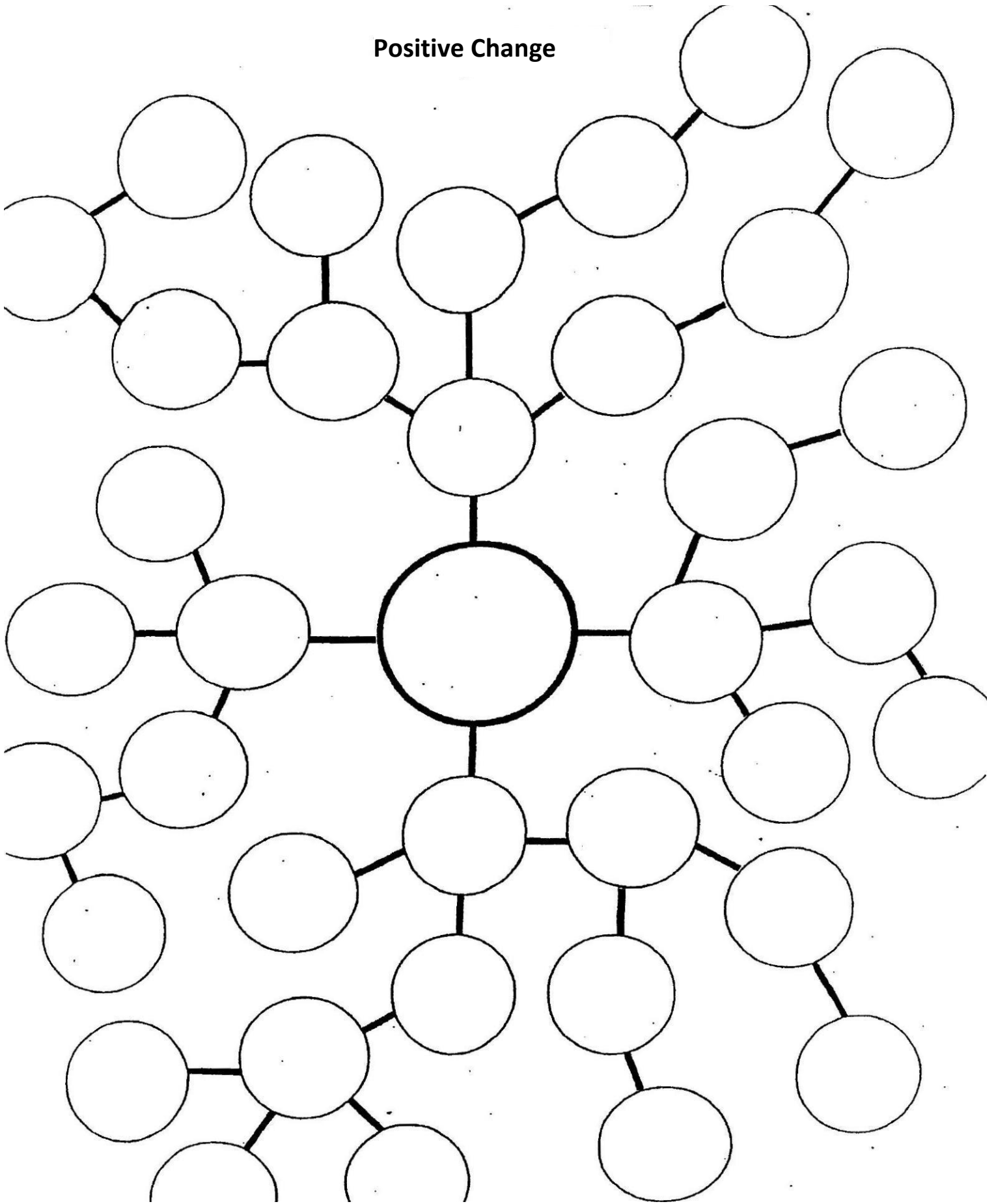
Name: \_\_\_\_\_ Date: \_\_\_\_\_

COST	BENEFIT
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Reinstatement fee \_\_\_\_\_  
 Driver's responsibility fee - \_\_\_\_\_  
 Insurance premium increase \_\_\_\_\_  
 Insurance deductible - \_\_\_\_\_  
 Fines and costs \_\_\_\_\_  
 Reality Check Weekend - \_\_\_\_\_  
 Property repair costs - \_\_\_\_\_  
 Restitution \_\_\_\_\_  
 Alcohol/drug testing - \_\_\_\_\_  
 Attorney fees \_\_\_\_\_  
 Towing fees \_\_\_\_\_  
 Cost of lost earnings - \_\_\_\_\_  
 Assessment \_\_\_\_\_  
 Outpatient therapy \_\_\_\_\_  
 Medical bills \_\_\_\_\_  
 Pay for a driver \_\_\_\_\_  
 Pay for rides \_\_\_\_\_  
 Other costs \_\_\_\_\_  
 Total financial costs - \_\_\_\_\_  
 Total cost per drink/  
 drug \_\_\_\_\_  
 =Total cost/# of  
 drinks or drugs \_\_\_\_\_

Transportation to intended location  
 Fun  
 Social time  
 Save money from calling a cab  
 Get to a location quicker or easier  
 Avoid having to ask for a ride  
 Other benefits

# Positive Change



# Change Plan Page 1

**Participant Name** \_\_\_\_\_

1. What change I plan to make (include the positive outcome intended):

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2. Who I plan to involve supporting me with my change:

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3. When I plan to begin the steps to make the change, and how long I plan to sustain the change:

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4. How I plan to make the change: Steps will include:

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**Client Worksheet 10**

# Change Plan Page 2

**Participant Name** \_\_\_\_\_

5. Where I plan to be when making the change (include all locations):

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6. Why I want to make this change:

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7. Potential obstructions, hurdles or habit patterns that may challenge me in being able to successfully make the change I want to make:

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8. How I am planning to overcome these potential obstructions:

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\_\_\_\_\_  
**Participant Signature**

\_\_\_\_\_  
**Date**

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Client Worksheet 11