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## 1. SURVEY

**LEADER A.** Give each participant a survey and read it aloud while they complete it. Collect surveys.

## 2. FOLDERS, GROUP GREETING

**LEADER B.** Each group member is given a folder at the beginning of group. If time permits, they may be allowed to decorate folders to suit their individual taste. All handouts and materials should be kept in the folders. The folders should remain in the group room until all group sessions are completed.

If you wish, make a name tag for each participant, then go around the circle with each person saying, “Hi, I’m \_\_\_\_\_,” and the group responding with, “Hi, \_\_\_\_\_.”

## 3. WARM-UP (*optional*)

**LEADER A.** See Appendix A for Warm-ups.

## 4. ABOUT ME

**LEADER B.** The “poem” is intended to help participants interact and become acquainted with one another. Interpret the instructions as group members fill in the blanks and then have students place the poems in their individual folders. Explain that one person will share their poem at the beginning of each subsequent group, until everyone has had an opportunity to do so. This first time, one of the leaders may wish to share their poem.

## 5. GROUP RULES, GROUP PURPOSE

**LEADER A.** You may want to use the attached Group Contract or Confidentiality Agreement or both, depending on your setting. Or, together make a list of four or five positive rules that will be followed during group sessions. Write these on butcher paper. Review the rules briefly at the beginning of the next few sessions as a reminder. Then **say:**

*The purpose of this group is to provide a safe place where you can learn about change and look at the possibility of making some changes in your life. We will look at areas in your life where change may be necessary, explore consequences of some of your behaviors and work on a step-by-step process to learn how to make changes. The group will be a place for you to receive encouragement and support, take risks, and learn new behaviors. Our group will follow a similar format each session. We will begin with a feelings check-in, warm-up, share “About Me,” complete an activity or two, and sometimes end with a closing.*

# THE TRAP

(with example)

START ↓ HERE

I am physically  
bruised and sore.  
Now my whole family  
is mad at me. I am  
grounded.

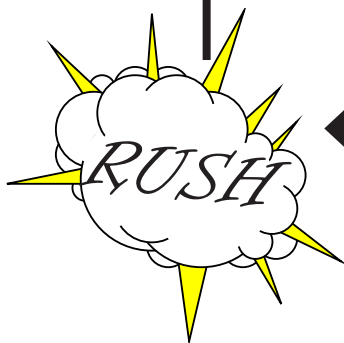
Emotional pain  
caused by my  
dad getting  
drunk and  
beating up my  
mom.

“I can’t do  
anything about  
it, so I’ll just  
ignore it.”



I stuff anger,  
frustration and  
sadness.

Release of  
pressure and  
relief (whether I  
win or lose)



I act out:  
I pick a really  
big fight with my  
brother.

I want relief from  
the pressure of  
unexpressed anger,  
frustration and  
sadness.

## **FOUR CONSEQUENCE SESSIONS**

**6a: Consequences of alcohol and drug use**

**6b: Consequences of anger and violence**

**6c: Families and secret keeping**

**6d: Consequences of sex**

The following four sessions focus on the consequences of choices made by some group participants. If you are limited to a 10-week program, you will want to do two of these sessions; if you have more time, you may want to do three or four of them. Some leaders prefer to decide for the group which sessions will be offered, while other leaders let group members vote on which topics to experience.

## Alcohol and Drug Questionnaire

*In the margin, answer each of the questions below yes or no. This questionnaire is primarily for you. Please be honest with yourself.*

- \_\_\_ 1. Do you often get drunk when you drink, even when you do not mean to?
- \_\_\_ 2. Do you drink or use drugs when you get mad at other people, your friends, or parents?
- \_\_\_ 3. Are your grades starting to slip?
- \_\_\_ 4. Have you ever lost time from school due to drinking or other drugs?
- \_\_\_ 5. Do you drink or use drugs too much like your father or mother?
- \_\_\_ 6. Do you ever get into trouble when you are drinking or using drugs?
- \_\_\_ 7. Do you ever have loss of memory due to your drinking or drug use?
- \_\_\_ 8. Are your friendships decreasing or changing because of your drugs or alcohol?
- \_\_\_ 9. Have you had to lie or cover-up since you started drinking or taking drugs?
- \_\_\_ 10. Has anyone, either jokingly or in seriousness, talked to you about how much you drink or use?
- \_\_\_ 11. Do you ever drink or use drugs while alone?

*Answer the following questions true or false.*

- \_\_\_ 12. Chemical dependency is a progressive and treatable disease.
- \_\_\_ 13. Young people with a high risk of becoming alcoholic are children of alcoholics and those who are unable to cope with their problems.
- \_\_\_ 14. A person who can abstain from drinking or drug use for long intervals cannot be truly chemically dependent.
- \_\_\_ 15. Chemical dependency cuts across all social, cultural, and economic classes.