

# WRA RED

BRISBANE  
YOUTH  
SERVICE

Wellbeing and Relapse  
Prevention EDucation

# Brisbane Youth Service

*We support homeless and vulnerable young people (aged 12—25 years) and their children. We provide assistance to find and sustain housing, physical and mental health services, and specialist programs for young women and families.*

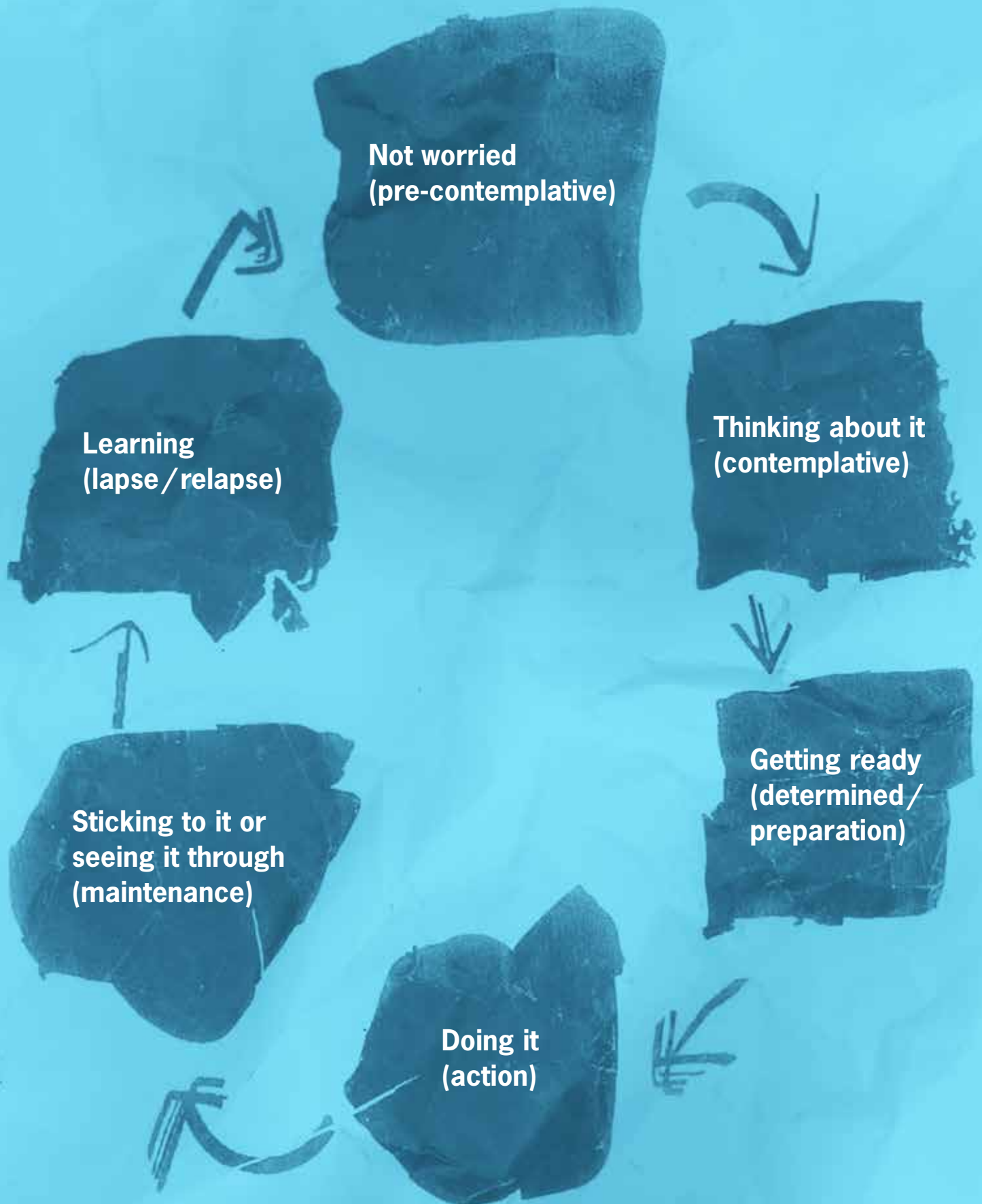
*[brisyouth.org](http://brisyouth.org)*

*The purpose of WARPED is to support young people to prevent relapse of harmful alcohol and other drug use.*



**Queensland**  
Government

# STAGES OF CHANGE



# MAKING DECISIONS

When you're not using  
(What do you call it?)

When you are using  
(What do you call it?)

Pros

Cons

Pros

Cons

# MAKING DECISIONS

## Short Term

|                                 | <i>Straight (not using)</i> | <i>Out of it (using)</i> |
|---------------------------------|-----------------------------|--------------------------|
| Good things (positives)         |                             |                          |
| Not so good (negatives)         |                             |                          |
| Other good things to do instead |                             |                          |

## Long Term

|                                 | <i>Straight (not using)</i> | <i>Out of it (using)</i> |
|---------------------------------|-----------------------------|--------------------------|
| Good things (positives)         |                             |                          |
| Not so good (negatives)         |                             |                          |
| Other good things to do instead |                             |                          |



# ALCOHOL AND DRUG DIARY

|           |                    | What did I use? | How much did I use? | Where was I? Who was I with? | How much did I spend? | How did I feel while I was using? | How did I feel afterwards? |
|-----------|--------------------|-----------------|---------------------|------------------------------|-----------------------|-----------------------------------|----------------------------|
| Monday    | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Tuesday   | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Wednesday | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Thursday  | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Friday    | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Saturday  | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Sunday    | :<br>AM<br>:<br>PM |                 |                     |                              |                       |                                   |                            |
| Total     |                    |                 |                     |                              |                       |                                   |                            |

## **Alternatives**

*to alcohol and drugs when I'm dealing  
with my problems*

## **Challenges**

*what's hard about it?*

## **Strengths**

*what do I already know?*

**What am I going to do?**

# RISKY MOMENTS

**Situation:**  
Where was I?

**Thoughts:**  
What was I thinking?

**Feelings:**  
What was I feeling?

**Behaviour:**  
What did I do?

**Consequences:**  
What happened?

**What would**  
**I do differently?**



# DEALING WITH RISKY MOMENTS

When you find yourself in a situation where you feel like drinking or using drugs it's helpful to have a plan for what you will do.

The plan below might work for you—or you could come up with one of your own.

*Stop and think*

*Keep calm, relax, and breathe deep!*

*Can you leave the situation where you feel like using?*

*Can you talk to someone who supports your choices?  
Or try to occupy yourself with something else?*

*Think about  
your reasons for  
making changes*

*Remind yourself about the good changes  
you've already made*

*Think about what you've  
achieved*

*What can you learn from this situation?*

# CRAVINGS AND URGE SURFING

*Cravings and urges to use are a normal part of changing your alcohol and drug use. They are a sign that your body is getting used to being without alcohol and drugs.*

*If you are aware of what these feelings will be like, you will have more success dealing with them when they come.*

## How long do cravings last?

*Cravings don't last all day. Usually they will be most intense for only 5—20 minutes. Then they go back down.*

*After you've worked out your ways of coping, it's important to practise or rehearse them so they come to you more easily.*

|                     | Signs and symptoms of cravings or urges to use | Your ways of coping—what can I do instead? |
|---------------------|--|--|
| Physical sensations |  |  |
| Feelings            |  |  |
| Thoughts            |  |  |
| Behaviour           |  |  |
| Environment         |  |  |

Cravings are like waves.  
You can't stop them  
but you can learn to ride them.



Cravings decrease with time

**Notes:**

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# THE FOUR D'S

## **Delaying**

*Delay the decision to use for 5 minutes—10 minutes—an hour.*

*“Just for the next hour I choose not to use. I can still decide later if I want to.”*

*This is really useful in the early stages of making your changes.*

## **Distraction**

*When you decide to delay using, distract yourself from your thoughts about using.*

*Go for a walk, call someone you trust, relax, listen to music, or do something else that works for you.*

*Once you are distracted you will find the urges go away.*

## **Decide**

*At the end of the hour the craving should have settled, if it hasn't completely gone away.*

*Before you make the final decision to use or not, go over the reasons you chose to stop alcohol or drugs in the first place.*

## **Deep Breathing**

*If you have cravings in stressful situations, deep breathing and other ways of relaxing can be helpful.*



# S.O.B.E.R.

**Stop:** *what you are doing / step away from the situation / take a break*

**Observe:** *yourself and your surroundings / what's happening? /  
How are you feeling?*

**Breathe:** *take some deep breaths and focus your attention on  
your breath*

**Expand:** *open up and be aware of your whole body, where you are,  
and your overall situation*

**Respond:** *now make your decision (instead of just reacting)*

**Notes:**

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# CENTRING / GROUNDING



When your thinking is getting you down, this little exercise can help you settle.

*Start by taking a deep breath in through your nose and out through your mouth.*

- 5. Look: Describe 5 things you see around you right now**
- 4. Feel: Pay attention to your body and describe 4 things you can feel**
- 3. Listen: for 3 sounds you can hear**
- 2. Smell: 2 things you can smell**
- 1. Taste: 1 thing you can taste**

*Finish by taking another deep breath in through your nose and out through your mouth. Repeat if needed! If you practise it regularly it will help even more.*



CRAVINGS  
ARE LIKE STRAY CATS  
IF YOU KEEP FEEDING THEM  
THEY KEEP COMING BACK.



# WHEN YOU HAVE A SLIP UP OR A SETBACK

*Having a slip up or using unexpectedly—some people call it a 'lapse'—isn't the same as going back to it like you were doing before.*

*A lapse could be just a one-off or occasional bit of use after staying away from it for days, weeks or even months.*

*This one-off or occasional use doesn't have to mean you go back to doing it all the time. Don't give up!*

## **Pause and have a think**

*When you have a lapse, have a think about why you stopped before. What were the reasons for your decision to stop back then? Was your drug use having an effect on your life? Your relationships? Your finances? Other things that are really important to you?*

## **Calm the \*\*\*\* down/ Chill out/Keep calm!**

*A slip up doesn't mean you've failed! You've made a lot of changes that you wanted already, and you can still keep building on that good work. Is there something you can learn from having a lapse?*



## Have a think about your choices

*Can you remember what the benefits of the changes you've made are? In the short term? And in the longer term? You've already come a long way.*

## Think about what's going on—Review

*Do you know what led up to this lapse? Did you notice any warning signs? Someone you were hanging out with? Somewhere you went? The way you were feeling? Would you do something differently?*

## Make a plan for right now

*What do you want to do to get back on track? Can you stay away from risky situations? Should you change something in your environment? How are you going to look after yourself? Do you need a new way of coping with urges to use? Is there something else you'd rather do?*

## **'Ask for help'**

*If you feel it's more than a one-off or occasional bit of use, it's good to remember that:*

*A lot of other people have had slip ups, and sometimes go back to using more often, before they eventually stop. Other people who use like you do have been able to stop.*

*Going back to using doesn't just happen – it's connected to some of the choices you've made along the way.*

*You can plan and practise the ways you handle risky situations.*

*It's something you can change!*

*It might be a set back—but you can learn about your warning signs and risky times.*

*Think about the choices you made that are connected to when you decided to use this time. Can you figure out what happened and how you can prevent it happening again in similar situations?*

*Use what you learn to help you in the future.*

## **Notes:**

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# CUT OUT I HAVE A CHOICE CARDS

## TIPS FOR RISKY SITUATIONS

Leave or change the situation.

Safe places I can go: \_\_\_\_\_

Distract myself with something I like:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

3: \_\_\_\_\_

2: \_\_\_\_\_

1: \_\_\_\_\_

Call my list of emergency phone numbers:

Challenge my thoughts about using with  
positive thoughts.

Remember what I've achieved so far!

## TIPS FOR RISKY SITUATIONS

CUT

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Leave or change the situation.

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Distract myself with something I like:

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## TIPS FOR RISKY SITUATIONS

FOLD

CUT

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FOLD

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3: \_\_\_\_\_

2: \_\_\_\_\_

1: \_\_\_\_\_

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## TIPS FOR RISKY SITUATIONS





# SELF-CARE EXERCISE

- Reach out to others—text your friends or family and make plans to meet up.
- Exercise regularly and sleep well—get your body moving! Pay attention to how much sleep you're getting.
- Be mindful—pay attention to where you are and what's going on for you in your life at this moment!
- Eat well—eat some good food. Try drinking some water! Fruit and veggies are good for your mental health!
- Be kind to yourself and others—treat yourself! Treat yourself and a friend!

## WARPED—Wellness and Relapse Prevention EDucation

*WARPED was originally written by Tara Van Lent and Tracey Finlay and presented as a pilot project in 2007; feedback from young people participating in groups was incorporated to refine the resource.*

*The original version of WARPED acknowledged that 'Making Decisions', 'Alcohol and Drug Diary' and 'Risky Situations' were adapted from Clinical Treatment for Alcohol and Drug Clinicians 03 Relapse Prevention: Turning Point Alcohol and Drug Centre, 2000.*

*This version has been reviewed and updated by Jesse Nolan, Laura Christie, and Philip Smith. Thanks to young people coming in to Brisbane Youth Service and our Brisbane Youth Service colleagues for their input; and thanks to Dovetail for advice.*

*Design by Samuel Downie at Liveworm Studio, Queensland College of Art, Griffith University.*

## This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# AW Q&A

**WARPED**

[brisyouth.org](http://brisyouth.org)