***Rewarding My Successes***

* Any behavior is comprised of small steps
  + What steps do you take to cook a meal?
    - Buy food, go to grocery store, select items, pay, go home, recipe directions….
* Many people only focus on the end result and lose sight of the steps they had to complete in order to achieve the result
* Those who have stopped using also tend to look at the end goal: abstinence and do not acknowledge the numerous small steps or successes along the way.
* Ask:
  + Think about and share a few successes that have been accomplished in the past 6 months.
    - Getting out of bed, being in a good mood, helping someone else quit using…
  + Where there any rewards that followed those successes?
  + If so, did someone else do the rewarding or did you initiate it yourself?
  + If not, what were the barriers to rewards after your successes?
* It is difficult to recognize achievements related to substance use.
  + You must reward your efforts

* Flipchart
  + Write down as many rewarding things as possible
  + What is a reward for one is not always a reward for another
  + Not all rewards cost money
    - Eating a favorite food, spending time w/ a friend, taking a hot bath, watching a movie, playing a sport, taking time to read a book, buying yourself a present, take a walk at sunset

* Choose three rewards on the list and implement them regularly over the next month, whenever steps are taken to remain alcohol/drug free.