

DISCUSSION TOPICS FOR SUBSTANCE ABUSE GROUPS

- Reasons for starting to use and reasons for continued use
- Pros and cons of using
- Cognitive distortions
- Reframing negative thoughts and changing perspective
- Negative self-talk
- Difficult feelings
- Anger management
- The role of acceptance in recovery
- Attachment styles
- Adverse childhood experiences
- Healthy vs. unhealthy relationships
- Seeking out toxic relationships and/or people
- Boundaries
- Guilt vs. shame
- Effective communication strategies
- Effective relapse prevention planning
- Controlling/managing impulses
- Coping with cravings
- The biology of cravings
- Managing relapse triggers
- Pushing through ambivalence
- Refusal skills
- Defense mechanisms
- Motivation vs. habit formation
- Willpower vs. willingness
- Needs vs. wants
- Models of addiction
- Stages of change
- The stages of relapse
- Lapse vs. relapse
- Getting back on track after a relapse
- Getting sober without AA
- Evidence-based tools for recovery
- Letting go of things/people that hinder recovery
- How to forgive
- Letting go of resentments
- Assuming personal responsibility
- Practical ways to make amends
- Service work
- Ways to develop spirituality
- Mindfulness
- Relaxation techniques
- Coping with setbacks
- The link between physical and mental health
- The link between nutrition and mental health
- Psychotropic medications and common side effects
- Mental health disorders (overview)
- The effects of trauma
- The effects of substance use on the brain
- Brain plasticity
- Developing self-worth
- Building confidence
- Problem-solving skills and effective decision-making
- Priority setting
- Styles of coping
- Gratitude
- Having fun in recovery
- Basic components of self-care
- Wellness dimensions
- The importance of leisure and self-care
- Emotional intelligence
- Goal development
- Distress tolerance skills
- Fear
- Coping with grief and loss
- Post-traumatic growth
- Finding meaning in life
- Values and morals
- Community resources
- Hobbies
- Stress management
- Rebuilding trust
- Finding balance