

Diagnostic phase

Formulating goals

Consider which problems you would like to deal with and formulate some clear goals

Goal 1:
Goal 2:
Goal 3:
Goal 4:

Overview of strengths and weaknesses within each module

- ▶ Evaluate for each module which parts are going well or need to be addressed.
- ▶ Describe the problems experienced within each domain.
- ▶ Consider how to address these problems together with the therapist by listing possible actions.
- ▶ As such, an overview of treatment goals is created.

Recommendations for communicating the diagnosis and the start of treatment	Goes well	Problems experienced	Description	Possible actions
Accepting the diagnosis				
Patients' knowledge about ADHD, SUD and the influence on one another				
Partner and family's knowledge about ADHD, SUD and the influence on one another				
Knowledge about medication				
Peer support				
Motivation for change regarding SUD and ADHD symptoms				
Other difficulties within this domain:				

Module Planning and organization	Goes well	Problems experienced	Description	Possible actions
Planning and finishing tasks				
Using a calendar, notebook and to-do list				
Problem solving skills				
Organizing skills				
Procrastination				
Sleep hygiene				
Other difficulties within this domain:				

Module Improving sense of time	Goes well	Problems experienced	Description	Possible actions
Poor sense of time				
Other difficulties within this domain:				

Module Reducing distraction	Goes well	Problems experienced	Description	Possible actions
Insight in one's attention span				
Skills to avoid distraction				
Skills to monitor and shift attention				
Other difficulties within this domain:				

Module Managing substance abuse	Goes well	Problems experienced	Description	Possible actions
Skills to manage craving				
Self-control measures				
Insight in functions of substance use				
Skills to cope with boredom				
Other difficulties within this domain:				

Module Improving emotion regulation	Goes well	Problems experienced	Description	Possible actions
Emotion regulation skills				
Coping with sadness and fear				
Low self-esteem				
Other difficulties within this domain:				

Module Addressing negative thoughts	Goes well	Problems experienced	Description	Possible actions
Negative thoughts related to ADHD				
Negative or automatic thoughts related to substance use				
Other difficulties within this domain:				

Module Reducing impulsivity	Goes well	Problems experienced	Description	Possible actions
Skills to handle impulsivity				
Social skills				
Other difficulties within this domain:				

Module Improving social skills	Goes well	Problems experienced	Description	Possible actions
Functioning within the partner relationship, with family members and friends				
Skills for assertive communication				
Skills to refuse substances				
Satisfaction about the social network				
Other difficulties within this domain:				

Module Relapse prevention	Goes well	Problems experienced	Description	Possible actions
Self-management skills				
Plan for relapse prevention for substance use				
Plan for relapse prevention for ADHD				
Other difficulties within this domain:				