Skills for self-management

Write down how you can apply different skills for self-management.

Skills for self-management
How can realistic goals be formulated?
Possible rewards when a goal is achieved:
How can certain stimuli be avoided?
How can limited and step-by-step progression be tolerated?

Evaluation and relapse prevention for SUD

► Table 1: Evaluate skills learned and write down insights gained during treatment.
► Table 2: Create a safety plan to apply in case of a backslide.

Evaluation of skills learned
Pros and cons of substance use and change
What are the underlying mechanisms of substance use, based on the functional analysis?
What are high-risk situations for relapse?
Which skills can help to manage high-risk situations?
Which skills need further practice?
What are future goals regarding to substance use?

Safety plan

Which actions prevent further backslide?

Which thoughts can help to put the backslide in perspective?

Who can be contacted?

What can be done to get back on track?

Evaluation and prevention of relapse in ADHD dysfunction

Evaluate skills learned. Consider which skills need further practice and write down strategies to maintain the learned skills.

Evaluation of skills learned
Which skills need further practice?
For which difficulties skills need to be developed?
How can the skills learned be maintained?
Which actions are helpful to get back on track in case of a relapse in former behavioral patterns?