

THE NEW F-ITS

**Feed Your Soul
and Serve Others**



Food

Fitness

Fellowship

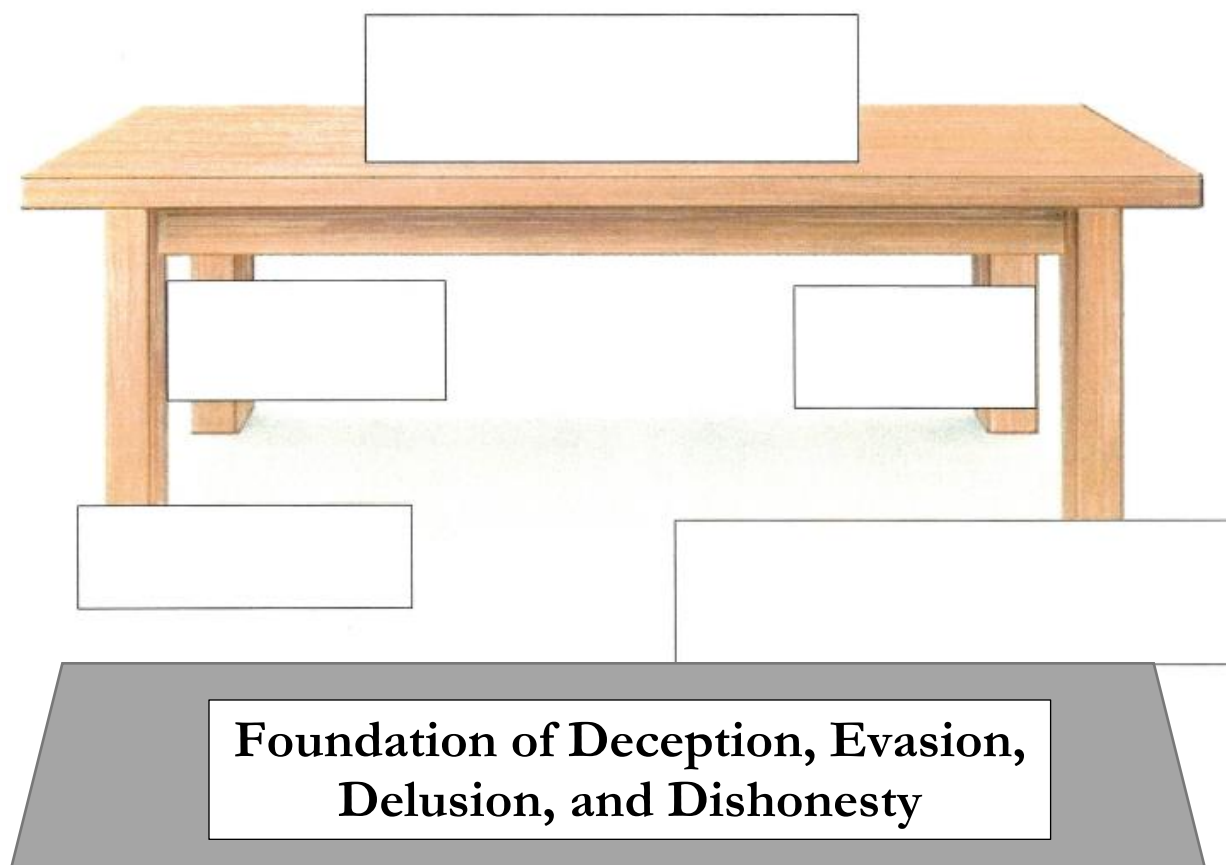
**Finding
Sober
Fun &
Peace of
Mind**

Foundation of Rigorous Honesty

This model shows you how to rebuild a life structure that will help bring balance, strength and serenity into your daily life. We call it the new F-its.

The next time you feel so much frustration or anxiety that you are about to say F'it ! and go jump in the hole of your old addiction habits, we say dive into one of these F-word areas of your life instead. Go eat a good meal, go for a walk, call a friend or go to a meeting, find a way to rest your mind (take a bath, take a nap, meditate, sit by a creek or river), or go play music, sing, dance, plant flowers, work in a garden, paint, draw, play with children or any other thing that feeds your soul. Go be of service to others, animals or nature.

Is Your Table Stable?



This model shows you how to deconstruct the life structure that is keeping addictive habits active in your daily life. Name each of the legs that hold up your table. Do you have any negative thoughts and beliefs about yourself? Do you have a history of trauma that you have not healed from? Do you have bad eating and sleeping habits? Are you living with or hanging out with people that make it easy for you to keep using?

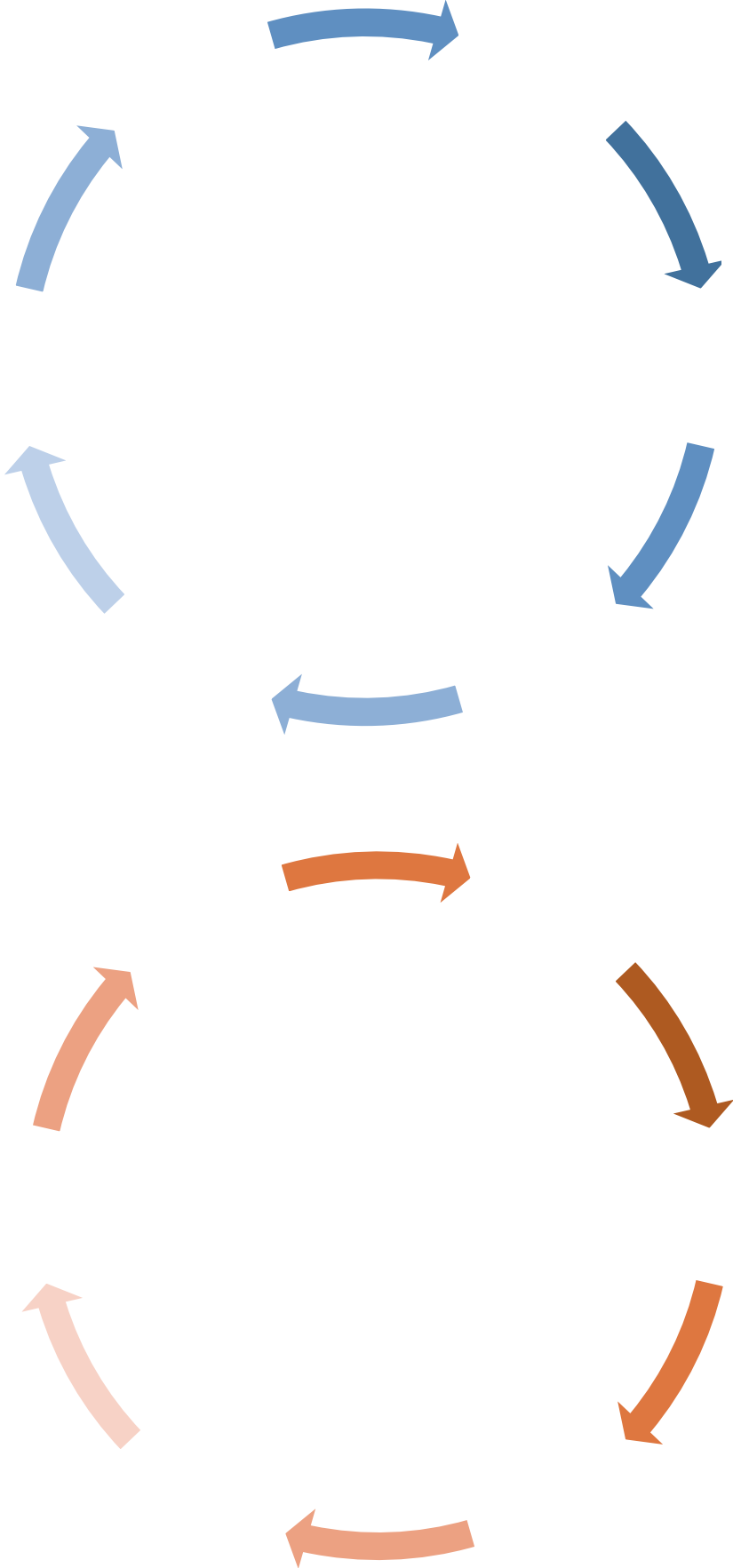
Draw in as many other boxes as you need. Your table may have 8 legs.

What's Holding Your Addiction Table Up?

Circles of Control

CAN

CAN'T



YOUR BUSINESS

NOT YOUR BUSINESS

SUBSTANCE USE DISORDER PARTIAL HOSPITALIZATION PROGRAM (SUDPHP) MARKERS FOR SUCCESSFUL PARTICIPATION & COMPLETION of *RECOVERY DOJO*

1. You must demonstrate that you want to do treatment. ***Doing time is not doing treatment.***
 - You must demonstrate motivation and readiness for doing treatment to keep your spot in the training Dojo. **You are a provisional member for the first three weeks.**
 - Show up On Time. Treat this like a job your life depends on.
 - Show up prepared for a day of work – eat a good breakfast and pack your lunch.
 - Show up with notebook, pen, any homework AND your treatment plan with you every day.
 - Show up! – you must be present to earn your spot in the first three weeks.

2. Attendance
 - **3 unexcused absences = dismissal from this treatment program**
 - Please schedule all doctor, lawyer, probation appointments and visits to relatives in hospitals after 3 pm. so you don't miss treatment here. Staff can call your P.O. to help you schedule visits so you don't miss treatment.
 - If an *occasional* appointment must be during treatment time: Please report all scheduled appointments to staff a day before they occur. You must bring notes to staff in order to verify all appointments on days missed and doctor or E.R. visit notes for all sick days.
 - No show/no call is counted as an unexcused absence.

3. Honesty
 - Tell the truth- what's going on with you now?
 - We can't help you and you can't do successful treatment without facing what's true
 - Childish manipulation strategies delay progress in treatment and waste everyone's time.

4. Drug Screens
 - Weekly urine or oral screens are used to measure your progress
 - **You cannot receive a completion certificate with less than 8 consecutive weeks of negative drug screens from all non-prescribed substances. This includes Alcohol.**

5. Fellowship
 - No-one makes it alone ~ Take care of the community and the space
 - Be of service to others ~ Help the provisional members feel welcome and understand how the Dojo operates. Set a good example and help them understand their first assignments.
 - **Get a sponsor and build a network of healthy recovery relationships**
 - **You cannot receive a completion certificate without having a sponsor and a home group that you attend weekly.**
 - You can get involved with other forms of fellowship such as SMART recovery, Celebrate recovery, On-line recovery forums, etc.

6. Training Modules

- You must complete all training modules to receive a completion certificate
- This includes a written plan and documentation for action taken in each module

i. Entering Treatment Plan

1. List of good things and bad things about your drug use
2. S.M.A.R.T. Goals
3. Make a list of contacts to delete
4. Download Insight Timer and other apps on phone
5. Start daily practice of mindfulness
6. Stages of Change Model
7. To Be List
8. Positive and Negative Self- Talk
9. Autobiography in 5 Short Chapters

ii. Food Plan

1. Write a List of foods that strengthen you and weaken you
2. Written Plan for eating regular healthy meals and snacks every day
 - a. Write out list of ingredients for at least 3 healthy breakfasts, 3 healthy lunches, 3 healthy dinners, 3 healthy snacks
 - b. Each meal must include protein, good fat, non-starchy veggie & carbs
 - c. See Schwarzbein handouts for description of these 4 food types.

iii. Fitness Plan

1. List of ways you like to move/exercise your body
2. Written Schedule for moving/exercising your body 5X/week for 30 minutes
3. Write out SMART goals for your future fitness

iv. Fellowship Plan

1. Write a List of meetings you can attend in person or online
2. Written schedule for attending at least 2 meetings/week
3. Written Plan for getting a sponsor and home group

v. Finding Sober Fun & Peace of Mind Plan ~ What Helps You Smile

1. Write a list of: What you can do for Fun and Peace of Mind
 - a. When/where/how do you feel content, feel joyful, feel peace?
 - b. What helps you Focus and clear your mind?
2. Write a schedule of ways to experience Fun & Peace daily?
 - a. Natural ways – sports, baths, herbal tea, walks, art, making music, etc
 - b. Helpful Technology Apps like Insight timer
 - i. Write a schedule of times to use them
 - ii. Also write a schedule of when to turn phone/t.v. off!

3. Dealing with Mental Health and Trauma

- a. Write a list of skills/techniques you can use to ground yourself when current anxiety, depression or past trauma is triggered.
- b. Write a schedule of times to practice these skills daily
- c. Write a schedule of individual therapy sessions to start learning new coping skills and to begin healing the deeper trauma wounds (talk to staff about referrals for counseling).

vi. Feeding Your Soul Plan

1. Write a list of things that make your heart smile
 - a. Things you would do that feed your soul.
2. Write a list of things that help you **Feel Your Purpose in Life:**
 - a. What brings you a sense of meaning and purpose?
 - b. What gifts do you bring to those around you and to the world?
 - c. What are you most curious about?
 - d. If you could do anything with your life and there were no obstacles, what would you be doing with your time on earth?
 - e. What does your soul long for?
3. Write a weekly schedule that includes time for those activities from 1 & 2

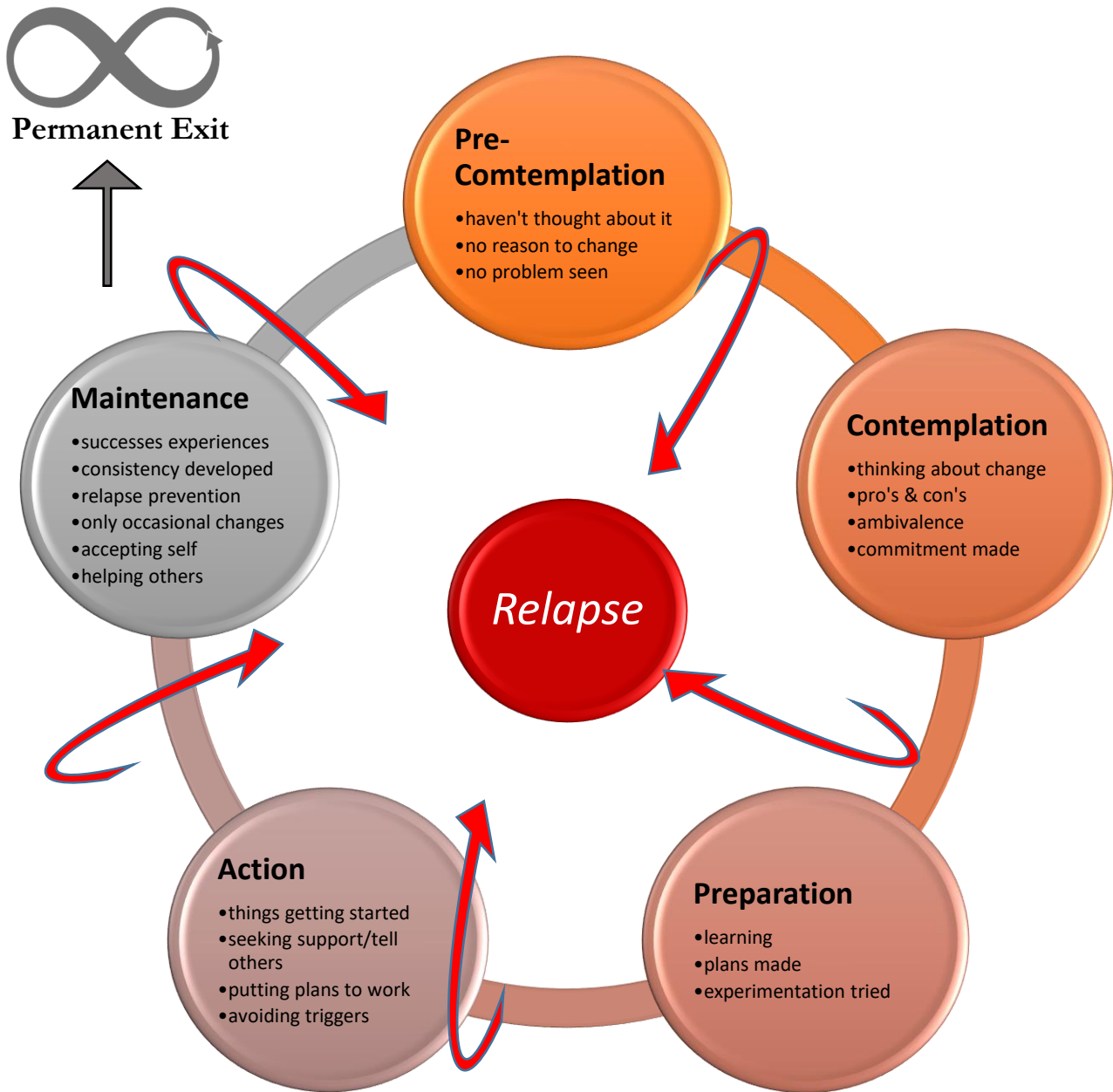
vii. Relapse Prevention Plan

1. Complete Relapse Prevention workbook and present to group

viii. Dojo Training Completion/Transition Plan

1. Complete your Recovery Inventory Document
2. Write a List of things you are leaving behind
3. Write a List of things you are moving towards
4. Chose a ritual action that has meaning for you and plan your completion ceremony
 - a. Write out an agenda for the ceremony and celebration meal
 - b. Discuss plan with staff and confirm date/time.

STAGES OF CHANGE



Put an X next to the Stage you are at.

STAGES OF CHANGE MODEL

Pre-contemplation Stage:

- Have you had ENOUGH? Circle Yes or No
- Are you still denying in any way or to anyone that you have a problem? Who are you not telling the truth about your problem with substance abuse? _____

Explain _____

Contemplation Stage:

- Are there still some good things and not so good things about your current situation?
- If so you may struggle with deciding which way to go. Explain about the ways you both want change and reject changing _____

Preparation/Determination Stage:

- Do you feel the reasons for change outweigh the reason not to and you are now determined to change? Circle yes or No
- What plans have you made and what action are you taking to stop engaging in the harmful behavior? _____

• What helpful behaviors have you started? _____

Action Stage:

- What ways are you making changes? _____
- What other people have you asked for support in making these changes? _____

Maintenance Stage:

- Changes are maintained over a long period of time and you are actively preventing relapse

Permanent Exit:

- You have practiced new sober/healthy habits long enough that your brain changes. Your brain patterns have re-wired to automatically choosing healthy/sober actions.
- You love yourself – you no longer cause harm to self and those who love you through addictive and co-dependent thoughts, words or deeds.