

# Client's Treatment Companion

*Matrix Intensive Outpatient  
Treatment for People With  
Stimulant Use Disorders*

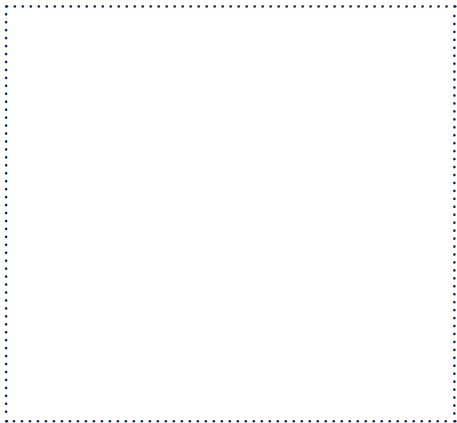




**This book is your private place to record ideas and reminders that will strengthen your recovery and help you stay abstinent. Some pages have inspirational sayings. Others suggest things to write about or include in this book (like the place to paste in a picture on page 2). You do not need to follow these suggestions. You should make this book personal by including those things that are most meaningful to you.**

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**Why is the picture you chose important to you?**

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**How will it help you in your recovery?**

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Whom will you call when you feel your recovery may be in danger?

List the phone numbers of family members, friends, 12-Step programs, your counselor, your sponsor—anyone you can call for help.

*Name:* \_\_\_\_\_

*Phone:* \_\_\_\_\_

*Name:* \_\_\_\_\_

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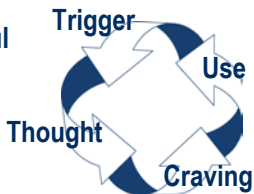
*Name:* \_\_\_\_\_

*Phone:* \_\_\_\_\_

*Name:* \_\_\_\_\_

*Phone:* \_\_\_\_\_

What are your most powerful triggers for substance use?



People to avoid: \_\_\_\_\_

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Places to avoid: \_\_\_\_\_

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**Emotional triggers:**

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**What thought-stopping techniques work for you?**

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List your top five reasons for remaining abstinent.

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What are some of the ways you can be smart  
and stay committed to recovery?



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What are the “mooring lines” for  
your recovery?

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**What are your goals for your recovery?  
For your life?**

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List the top five ways you relax and reduce stress.



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Which relationships do you need to repair or improve?



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What can you do today to strengthen your relationships? \_\_\_\_\_

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What can you do in the next weeks? \_\_\_\_\_

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List five new activities that have made your recovery stronger.

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**What changes in your life can you make right now?**

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**What changes can you make in the next  
3 months?**

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**Which relapse justifications are you most susceptible to?**



**What changes in your life can you make right now?**

**I have been clean and sober \_\_\_\_\_ day(s).**

**My reward: \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I have been clean and sober \_\_\_\_\_ day(s).**

**My reward: \_\_\_\_\_**

\_\_\_\_\_

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\_\_\_\_\_



I have been clean and sober \_\_\_\_\_  
day(s). My reward: \_\_\_\_\_

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I have been clean and sober \_\_\_\_\_ day(s).

My reward: \_\_\_\_\_

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**Write about one way your recovery got stronger today.**

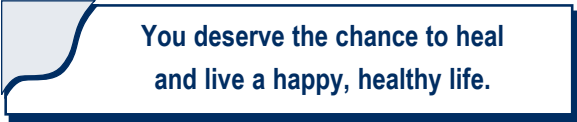




**List the top five ways your life has improved since you stopped using substances.**







**You deserve the chance to heal  
and live a happy, healthy life.**





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