



**De Novo Treatment Centre Corp.**  
*A New Beginning*

***Distant Aftercare Program***  
***WORKBOOK***





# Treatment Centre

## [ a new beginning ]

You are on your way to completing or have just recently completed the five-week residential program at De Novo Treatment Centre. We want to help you on that journey and wish to welcome you to our familiar distance aftercare program.

You will be expected to make a commitment to participate in this aftercare program for twelve weeks. However, if you have a prior commitment, you must let the counsellor, or the manager know prior to the assigned meeting and other arrangements can be made. The time of the meeting is **8:00 p.m. on Tuesdays and Thursdays** each week. The group will run for approximately one hour. Upon completion of the program, you will receive a completion letter. Included, is your package which has handouts and worksheets that will be required for use during the different weeks of the program. You will need the following information when calling into the aftercare meeting.

## Microsoft Teams meeting

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

Meeting ID: 215 723 297 281

Passcode: Mwud85

[Download Teams](#) | [Join on the web](#)

[Learn More](#) | [Meeting options](#)

Old Bell Call in Number – please use above

Toll free dial-in #: 1-855-453-6959

Local dial-in #: 416-933-9440 (Toronto)

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**Week 1**

## **Recovery Goal Worksheet**

Terence T. Gorski/De Novo Treatment Centre

1. **Personal Goals:** Please identify three (3) personal characteristics that you think need to be changed.

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

2. **Occupational Goals:** Please identify three (3) work-related problems that need to be resolved.

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

3. **Relationship/Family Goals:** Please identify three (3) major relationship and/or family problems that need to be resolved.

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

4. **Social Goals:** Please identify three (3) major social problems that need to be resolved.

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

5. **Twelve Step Goals:** Please identify three (3) major problems you have had in working your Twelve Step program that will need to be resolved. If you do not choose a Twelve Step program as your approach to recovery, identify other recovery goals you want to set for other problem areas in your life.

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

6. Have I given up on any dreams or goals I wish I hadn't given up on or can I pick up where I left off?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 2

## Personal Inventory – Honesty and Justification

### 1. Dishonesty as a Part of Our Lives

To whom did I lie?

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What were some of the results of my misrepresentations?

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Whom have I hurt by being dishonest?

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**2. Dishonesty as Adults**

What did I bring home from work or school that wasn't mine?

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Have I ever stolen anything while I was shopping?

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Have I misrepresented expense sheets or personal income taxes?

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In what relationships have I ever been unfaithful?

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What traffic laws do I know I have violated?

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When did I ask others to lie for me?

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What do I do when other people ask me to lie or cheat for them?

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**3. Dishonest/Honest Habits**

What specific deceptions do I commit for other people?

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How do I react when someone draws untrue conclusions about people, places, or things?

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When did my silence help support someone else's lie?

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How do I compliment people when I feel they have done a good job?

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How do I usually react when I find out someone has misrepresented something to me?

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In my interactions with others, do I tell the truth or do I say what they want to hear most of the time? Under what circumstance?

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How can my Higher Power/Support help me to tell the truth?

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**4. Questionable Behaviour**

How do I feel when I justify my actions with others?

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Are there any particular people with whom I consistently engage in unacceptable behaviour? (List and explain)

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Why do I feel it is okay to act out with some and not with others?

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How do I behave in ways I would not tolerate from others? What makes me think it is okay for me to act this way?

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**5. Responses to Unkindness**

When someone treats me unkindly, how do I respond? How do I feel about my response?

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**Week 3**

## **Personal Inventory – Fear and Forgiveness**

**1. Facing Our Fears**

How do I usually react when I feel frightened?



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What provokes my fear?

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Where do I turn when I feel afraid, and does that relieve my fear?

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How do I interact with authority figures?

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**2. The Results of My Fears**

If my worst fears came true, how would they impact me?

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What happened the last time I was truly afraid and how did I respond?

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How do my fears affect the way I make decisions?

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**3. Coping with My Fears**

What am I afraid of today?

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How do I include my Higher Power when I feel afraid, and what is the result?

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What's my outlook? Do I embrace new experiences or do I avoid the unfamiliar and stick to what I know?

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By answering these questions on the subject of fear, what have I learned about myself?

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**Week 4**

## **Post Acute Withdrawal Syndrome (P.A.W.S.)**

There are two stages of withdrawal. The first stage is the acute stage, which usually lasts at most a few weeks. During this stage, you may experience physical withdrawal symptoms. But every drug is different and every person is different.

The second stage of withdrawal is called the Post-Acute Withdrawal Syndrome (P.A.W.S). During this stage you'll have fewer physical symptoms, but more emotional and psychological withdrawal symptoms. This stage can last up to a year or more.

- 1) What are some post-acute withdrawal symptoms you have experienced since you stopped using your DOC? (example mood swings, anxiety, irritability, fatigue, variable energy, low enthusiasm, variable concentration and disturbed sleep, etc)

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- 2) What are some strategies you have used to combat unclear thinking?

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- 3) Memory problems are another symptom of P.A.W.S. What helps you deal with memory issues? (example journaling, using a weekly schedule planner, etc)

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- 4) Emotional over/under reaction is very common in recovery; two or more emotions can be difficult to handle, i.e. feeling anxiety during high stress. How do you manage your emotions in recovery?

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- 5) Sleep problems can be an issue for some people in recovery. Disturbing dreams and sleep pattern disruptions can occur for some. What are some things that help you have a restful sleep at night?

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- 6) Self care is important when going through P.A.W.S. What have you done for self care today?

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- 7) There are 3 types of relapse. The first type of relapse is Emotional Relapse. This is when your emotions/behaviours are out of control or not being managed. Some signs of emotional relapse are: Anxiety, intolerance, anger, defensiveness, mood swings, isolation, not asking for help, not going to meetings, poor eating habits and poor sleeping habits. What signs of emotional relapse have you experienced and how did you work through it?

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- 8) The second type of relapse is Mental Relapse. This is when your mind becomes ambivalent about using. During a mental relapse it is important to address the thoughts or it will progress to physical relapse. Signs of mental relapse are: people, places and things, glamorizing (war stories), lying, hanging out with old using friends, fantasizing about using and contemplating relapsing. What signs of mental relapse have you experienced and how did you or can you work through it?

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- 9) What are some techniques for dealing with mental urges?

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- 10) The third type of relapse is Physical Relapse. It is hard to stop the process of relapse at this point. Some danger signals to watch out for before a relapse occurs are: isolation, feeling bored or lonely, easily irritated, having doubts about recovery, impulsivity, over confidence, no balance in life, self-pity. What danger signals do you experience and how do you work through them?

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**Week 5**

## **Relapse Prevention**

I am dedicated to maintaining my recovery for the following reasons;

- 1) When I am in recovery, I am (emotionally)  
because \_\_\_\_\_
- 2) When I am in recovery, I am (mentally)  
because \_\_\_\_\_
- 3) When I am in recovery, I am (physically)  
because \_\_\_\_\_
- 4) When I am in recovery, my relationship with my (kids/spouse/partner) is \_\_\_\_\_,  
because \_\_\_\_\_
- 5) The 3 most important reasons I am recovery are:  
  
\_\_\_\_\_  
  
\_\_\_\_\_  
  
\_\_\_\_\_

Week 5

In order to prevent relapse, we must understand our triggers, know how we are going to prevent our triggers and how we are going to mitigate any issue that come up, please fill in the chart below, consider the following when filling out, how does your emotions, mental health, social and your environment effect each row.

Triggers and Vulnerabilities	Prevention	Mitigation

**3) Rich and Meaningful Life (RML)**

What do you Value	Goals or Activities to achieve what you value

# High-Risk Situations

Developed by: Terence T. Gorski

## Situation #1

1. **High-Risk Situation #1:** Describe a situation that could put you in risk of relapse.

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2. **Irrational Thoughts:** What thoughts are you likely to think in this situation which could cause you to relapse?

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3. **Unmanageable Feelings:** What feelings are you likely to have in this situation which could cause you to relapse?

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4. **Self-defeating Action Urges:** What are you likely to have an urge to do in this situation which could cause you to relapse?

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5. **More Effective Ways of Thinking:** What is another way to think about this situation that can help you stay sober and avoid relapse?

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6. **More Effective Ways to Manage Your Feelings:** What is another way to manage your feelings in this situation that can help you stay sober and avoid relapse?

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7. **More Effective Ways of Acting:** What is another way of acting in this situation that can help you stay sober and avoid relapse?

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**Situation #2**

1. **High-Risk Situation #2:** Describe a situation that could put you in risk of relapse.

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2. **Irrational Thoughts:** What thoughts are you likely to think in this situation which could cause you to relapse?

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3. **Unmanageable Feelings:** What feelings are you likely to have in this situation which could cause you to relapse?

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4. **Self-defeating Action Urges:** What are you likely to have an urge to do in this situation which could cause you to relapse?

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5. **More Effective Ways of Thinking:** What is another way to think about this situation that can help you stay sober and avoid relapse?

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6. **More Effective Ways to Manage Your Feelings:** What is another way to manage your feelings in this situation that can help you stay sober and avoid relapse?

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7. **More Effective Ways of Acting:** What is another way of acting in this situation that can help you stay sober and avoid relapse?

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Week 7

## Personal Inventory – Responsibility and Attitude

### 1. Becoming Responsible

What does my history reveal about me being responsible or irresponsible?

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While growing up, what did I learn about being responsible?

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### 2. Letting Go of Responsibilities

How do I determine what is my obligation and what is not?

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In what ways am I responsible for my family (loved ones)?

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How am I responsible for my own happiness?

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### 3. Being Responsible

In what ways am I accountable for my recovery program?

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If I am a parent, how am I involved in my children's schooling?

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How do I conduct myself at my job?

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**4. My Responsibilities Today**

Who and what am I responsible for today?

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How have I acted responsibly today?

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How have I assumed someone else's responsibilities today?

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By answering these questions on the subject of responsibility, what have I learned about myself?

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**5. Habits and Feelings (Attitudes)**

Do I tend to see my cup as half full or half empty? Explain.

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What healthy attitudes did I learn from my family?

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What poor attitudes did I learn from my family?

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How does my attitude change when I am with different people?

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**6. Behaviour Models**

What positive characteristics did I admire and consider as role models when I was young?  
Why?

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Which negative characteristics did I reject and avoid when I was young?

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How do I feel about people whose lives are more difficult than mine?

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Who are my heroes and why? Am I anyone's hero?

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**7. Choices**

What happens to my attitude when I focus on other people's problems and not my own?

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What happens to my attitude when I focus on myself?

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What kinds of attitudes do I enjoy in my friends and family?

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**Week 8**

## Mental Health

**Positive mental health includes:**

1) List a time that you felt in control of your life and personal decisions this week?

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2) List a time when you were able to cope with life's challenges and stresses this week?

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3) List a time when you were able to focus while at work this week?

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4) List a time when you felt physically healthy?

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5) How did you sleep this week, what were your struggles?

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6) List a time that you had a positive moment in your week?

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7) What did you do to promote your positive mental health this week?

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Week 9

## Managing High-risk Feelings (HALT)

Self-care and self-awareness are key to recovery. H.A.L.T. stands for Hungry, Angry, Lonely and Tired. Each one of these four physical or emotional conditions, if not taken care of, leaves an individual vulnerable for relapse.

**Hunger**, of course describes the most obvious physical condition of lack of food. We all know how important it is to have regular nutritional meals. Hunger can also be described in terms of emotional needs: hunger for attention, comfort, understanding, or for companionship. This is why support systems of friends and family are so important. Individuals can rely on the fellowship of 12 Step groups or spiritual circles. The solution to hunger is *community*.

1. Do you get strong feelings of hunger (need for attention, comfort, companionship) and if so, what specifically do you struggle with?

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2. Who do you have in your life that can support you when you are seeking companionship, comfort or understanding? (My feeling of "hunger")

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**Anger**, is a little more complex. The solution to this can also be more challenging for some people. There is nothing wrong with the feeling of anger, but most people have never learned how to express anger constructively. The way we express anger often takes destructive forms, turning it against ourselves or against others. Anger can also act like a broken record; in that case it's called resentment.

1. In what ways do you most commonly express your anger?

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2. What can you do to improve how you manage anger? (Constructive/positive)

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3. What can you do to help you deal with resentments?

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4. How might anger and resentment negatively impact your recovery if you do not change the way you manage them?

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**Lonely**, refers to isolating oneself. It is similar to Hunger in that the solution is the same; *community*. Loneliness points to the difficulty of reaching out. There can be several causes for this, one being that isolation was a childhood survival tool, shame in asking for help because one might be perceived as weak, or clinical issues that you may need to see a doctor for, like depression. In any case, the solution is to ask for help, professional or otherwise.

1. Do you have feelings of loneliness and if so explain.

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2. How might loneliness negatively impact your recovery if you do not deal with these feelings?

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3. What are some solutions to your loneliness, who do you feel comfortable enough with to reach out to?

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**Tired**, is the last of the four physical or emotional conditions. Lack of rest is something that many people suffer from. The obvious solution would be to take a nap or sleep more, however for some people it isn't that easy. Solutions to a busy life can consist of: making sleep a priority, taking breaks at work, personal time to relax or taking vacations. Some people may have to speak to their doctor for more serious situations regarding sleep aids.

1. How does feeling tired impact your life and recovery efforts?

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2. What changes are you willing to make in your life to ensure that you are receiving the proper amount of personal care (sleep)?

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**Week 10**

## **Personal Inventory – Self Worth**

### **1. Treating Ourselves Well**

What do I do to take care of myself physically?

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What am I doing to exercise my mind so that I can learn new things?

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What do I usually do when someone pays me a compliment?

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How comfortable am I in my relationship with my Higher Power?

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### **2. Safety First**

How can I prevent others from abusing me physically, emotionally, or mentally?

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How do I know when another's behaviour is unacceptable to me?



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How do I feel about myself when I am in an abusive situation?

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What am I doing to protect myself from abuse?

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How do I let another know that his or her behaviour is unacceptable to me?

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**3. Being Loveable**

What do I like about myself?

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What do other people like about me?

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Can I derive satisfaction out of working to improve myself? Explain.

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**4. My Own Standards**

How can I learn to sit quietly in the middle of an outburst and remember that the accusations made against me may not be the facts?

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What were the times in my life when I experienced the most self-confidence?

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What are some of the things I know how to do that make me feel especially proud of myself?

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**5. Checking Myself**

Whom do I rely on to fulfill my emotional needs, and how is that working?

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What stops me from doing what I really like to do?

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How do I react or respond when someone offers to help me do something?

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How much time do I spend alone, and what are some of the things I do when I am by myself?

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What do I like and not like about my physical appearance?

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How does my current attitude toward my self-worth affect my family?

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By answering these questions on the subject of self-worth, what have I learned about myself?

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**Week 11**

## **Personal Inventory – Relationships**

### **1. My Significant Relationships**

How do I interact with people in my home, on my job, and in my neighbourhood?

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Who sets the boundaries in my relationships?

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In my interactions with others, what might be harmful about my responses?

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How am I honest/dishonest in my relationships?

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### **2. My Role in Relationships**

How do I choose my relationships?

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What are three positive things I bring to relationships?

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What negative behaviour am I responsible for in close associations?

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Can I stand on my own two feet or do I need someone to take care of me?

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**3. Broken Relationships**

What were the main reasons why major relationships in my life ended?

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How am I responsible for the chaos in some of my relationships?

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How much do I try to control the thinking and actions of others?

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**4. Relationship Conflicts**

How do I treat those with whom I am in conflict?

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How do I show respect and tolerance to people in my life?

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How do I show others I care for them when I disagree with what they say and do?

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Do I feel valued as a parent, spouse, an employee or a friend?

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**Week 12**

## Mind and Body Connection

Circle the number next to your answer Over the last week.....	Not at all	Several days	More than half the days	Nearly every day
1. I've had positive interest and pleasure in my activities.	0	1	3	5
2. I've felt optimistic, excited and hopeful.	0	1	3	5
3. I've slept well and woken up feeling refreshed.	0	1	3	5
4. I've had lots of energy.	0	1	3	5
5. I've been able to focus on tasks and use self-discipline.	0	1	3	5
6. I've stayed healthy, eaten well, exercised and had fun.	0	1	3	5
7. I've felt good about my relationships with my family and friends.	0	1	3	5
8. I've been satisfied with my accomplishments at home, work or at school.	0	1	3	5
9. I've been comfortable with my financial situation.	0	1	3	5
10. I've felt good about the spiritual base of my life.	0	1	3	5
11. I've been satisfied with the direction of my life.	0	1	3	5
12. I've felt fulfilled, with a sense of well-being and peace of mind.	0	1	3	5

Score Key:

- 0-15.....Poor
- 16-30 .....Fair
- 31-45.....Good
- 46 and above.....Excellent

Column Total \_\_\_\_\_

Total Score \_\_\_\_\_

(found on page 13 of Mind Body Workbook for Addiction).

- 1) Name an activity that I have done this week that I was interested in that did not involve work or chores at home.

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- 2) Name something that has given me hope this week.

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- 3) Have I slept well and woken refreshed at all this week, why or why not? How can I improve my sleep hygiene?

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- 4) Have I had a lot of energy this week? How can I improve my energy going forward?

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- 5) Have I exercised this week? Why or why not?

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- 6) Have I eaten well and nourished my body? Why or why not?

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- 7) Are there any relationships in my life that could use more attention? How can I improve my relationships?

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- 8) Are there any projects in my professional or personal life that could use more attention?

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- 9) Have I kept up with my financial responsibilities this week? Is there anything I can do to improve my financial situation?

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10) What have I done for my spirituality this week? Is there anything I can do to strengthen my relationship with my Higher Power?

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11) Am I satisfied with the direction of my life? If not, what needs to change?

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**NOTES:**

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