

# **OAS Coaching Workbook**

# Part 1: For People Still on Opiates

1. What will your life look like in 1 year if you don't get off opiates? What will it look like in 5 years? 10 years?

2. Write a list of pros and cons of continuing the use of opiates. The opiates are giving you benefits, and that is why you still take them. How can you replace these benefits with natural solutions?

3. Is quitting opiates a "must" or a "should" for you? Most people who still abuse opiates don't make quitting an absolute must. It is something they ought to do, but not something they have made a 100% commitment to doing. Discuss this and if it's still just a "should" for you, how can you make it a "must?"

4. Quitting opiates is never about ability, and always about motivation. If you are truly motivated to quit, you will. A great way to become motivated is to use “leverage.” For instance, if you can’t see your child until you get clean, that is leverage. Or if your wife or husband threaten to leave you if you don’t quit opiates, that can be powerful leverage. It doesn’t have to be this extreme, but this gives you an idea about how leverage works to increase motivation to quit. If there is no leverage, what can you do to create it?

5. Come up with an action plan for how you will detox off opiates. Planning is your number one priority, because without a plan there is no attack, and with no attack there is no victory. Which of the following detox methods sound the best for your situation?

- Medical Detox
- Ultra Rapid Opiate Detox
- Short-term Suboxone, Subutex or methadone detox
- Ibogaine Treatment
- Home Detox using either medications, supplements, or a combination of both

# **Part 2: For People Who Have Detoxed Off Opiates**

Going through the acute withdrawal is not the end of your journey. Most people detoxing off opiates have a long road ahead of them. For weeks to months and sometimes longer, the body often experiences post-acute withdrawal symptoms. These lingering symptoms are not as severe as the acute symptoms, but they cause a person to relapse on a consistent basis. I've found that the most effective way to treat these post-acute symptoms is with a holistic treatment plan, consisting of action steps that address the biological, psychological, social, and spiritual elements of recovery.

1. What does your daily diet consist of? Are you eating nutritious foods? Or are you consuming mostly junk? What types of changes could you make that could help you feel healthier, happier, and more energized?

2. Are you taking supplements? If so, what types of supplements are you taking? Many times people can make more progress in recovery taking supplements than without them, and it's just a matter of choosing the right ones for opiate recovery.

3. What types of things are you doing for your personal development? One of the quickest paths to fulfillment is to grow and contribute. It can be very beneficial to read books, do audio programs, attend seminars, and do other things that allow you to expand your mind and develop your life skills. What are two things you could commit to doing in the next few days that would help you expand your psychology?

4. What does your social support system look like? Do you still hang out with people who use opiates? Do you live with anyone who uses opiates? Does anyone know about your addiction? Or is it a secret? Having healthy and intelligent friends that don't abuse opiates can really help you stay clean. Holding everything in and isolating can often cause people to start taking opiates again. How can you improve your current social situation to promote mental health and to decrease chances of relapse?

5. Are you spiritual or religious? If so, perhaps you can connect with God or whatever you choose to call it or believe to help you stay clean in recovery. Many people that have quit opiates remain clean because of them leaning on a power greater than themselves. Having contact and a loving communication with this higher power might give you strength to get through the hard times.

# Recommended Worksheets

## **Life Balance Wheel:**

<https://counseling.highline.edu/pdf/Wheel%20of%20Life%20Model.pdf>

## **ABC Problem Solving Worksheet:**

[http://www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Quick\\_Reference/ABC\\_Worksheet.pdf](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Quick_Reference/ABC_Worksheet.pdf)

## **Change Plan Worksheet:**

[http://www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Facilitators\\_Handout/Change\\_Plan\\_Worksheet.pdf](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Facilitators_Handout/Change_Plan_Worksheet.pdf)

## **CBA Worksheet:**

[http://www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Quick\\_Reference/CBA\\_Worksheet.pdf](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Quick_Reference/CBA_Worksheet.pdf)

## **Hierarchy of Values Worksheet:**

[http://www.smartrecovery.org/resources/library/Tools\\_and\\_Homework/Quick\\_Reference/HOV.pdf](http://www.smartrecovery.org/resources/library/Tools_and_Homework/Quick_Reference/HOV.pdf)

# Recommended Personality Tests

**Myers Briggs Personality Test:**

<http://www.16personalities.com/free-personality-test>

**Enneagram Personality Test:**

<http://www.9types.com/rheti/index.php>