

## Free Substance Abuse Group Therapy Worksheet:Version 2

Usually for substance abuse group therapy, people who are recovering from substance abuse form and visit support groups.

### **Support groups:**

It promotes sharing and being there for each other. People also share how far they have achieved and how to fight off the triggers and cravings of substance. The therapist also aids the participants in improving their interpersonal skills as they participate in group discussions, exchange experiences, and help one another solve problems. The fundamental purpose of a support group is to offer empathy and support to all of its members.

### **Create your group rules:**

Whenever we are dealing with group, we always explicitly hang or define the rules: e.g

- No talking and whispering while the other member is sharing his experiences.
- No judging.
- No biases.
- No means remarks.
- Everyone will be given the right to talk and share.

### **Step 1:**

#### **Create a safe environment:**

### **Step 2:**

#### **Talk and share your own experiences and challenges of your recovery program.**

### **Step 3:**

#### **Coping strategies that you have used to fight off the urges and cravings.**

