Session 2: Identifying Problems

Below are some problems that can be made worse by drug and alcohol use. Put a check beside any that you have had.

Medical or Physical:	Emotions and Feelings:
Head Injury in past (#:)	Depression
Overdose experiences	General anxiety or stress
Stomach problems	Panic attacks
Dental/teeth problems	Anxiety around other people
Seizures or convulsions	Anxiety when outside
Large weight gain or loss	Other specific fears/phobias
Diarrhoea or constipation	Sudden swings in mood
Nose or sinus problems	Problems controlling anger
HIV issues	Problems dealing with the past
Hepatitis issues	Remembering/flashbacks to past
	Hallucinations
Waking up at night with a start	
Difficulty breathing	Feeling suspicious or paranoid
Difficulty breathing at night	Memory problems
Heart problems	Can't sit still – always moving
Chronic pain	Can't relax
Specific pain problem	Can't concentrate
Chronic fatigue	Other (Specify):
Memory problems	
Other (Specify):	
Relationships:Fights with partnerFights with children	Housing, Finances, and Skills:Finding a place to live/sleepFurnishing/equipping your homeFinances and budgeting
Fights with other family or friends Feeling alone	Home skills (cooking, shopping) Taking care of your home
Difficult to talk to other people	Taking care of your nome
Difficulty solving problems	Other (Specify):
Loss of friends	Other (Opecity).
Only knowing people who use	
Problems with children/parenting	
Loss of partner	Daily Routines
Children at risk/in care	Problems getting to sleep
Problems in sex life	Problems getting to sleep Severe snoring
Other (Specify):	Severe shoring Problems waking up
other (openity).	Eating too much or too little
	Not eating a balanced diet
Legal:	Bored during the day
Arrested – possession/dealing	Bored during the dayLack of fun things to do
Arrested - possession/dealing	Loss of sports or hobbies
Arrested - their of robbery Arrested - assault/other violence	Loss of sports of Hobbies
DTTO, probation or parole	Problems finding or keeping work
Divorce or separation	Problems with training or school
Child visitation issues	Other (Specify):
Other (Specify):	outer (openity).
outer (openity).	
Laura Freeman, Ph.D.	
Addiction Interventions	ລ

Part 2: Identifying Things to Work On

Now, look at this list again. 1) Check what would you like to change in your life. 2) Number those checked in order of importance.

Medical or Physical:	(86)
Head Injury in past (#:)	Emotions and Feelings:
Overdose experiences	Depression
Stomach problems	General anxiety or stress
Dental/teeth problems	Panic attacks
Seizures or convulsions	Anxiety around other people
Large weight gain or loss	Anxiety when outside
Diarrhoea or constipation	Other specific fears/phobias
Nose or sinus problems	Sudden swings in mood
HIV issues	Problems controlling anger
Hepatitis issues	Problems dealing with the past
Waking up at night with a start	Remembering/flashbacks to past
Difficulty breathing	Hallucinations
Difficulty breathing at night	Feeling suspicious or paranoid
Heart problems	Memory problems
Chronic pain	Can't sit still – always moving
Specific pain problem	Can't relax
Chronic fatigue	Can't concentrate
Memory problems	Other (Specify):
Other (Specify):	
Relationships:	Housing, Finances, and Skills:
Fights with partner Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting	Finding a place to live/sleep Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify):
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify):
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify):	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify):	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing Arrested - theft or robbery	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day Lack of fun things to do
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing Arrested - theft or robbery Arrested - assault/other violence	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day Lack of fun things to do Loss of sports or hobbies
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing Arrested - theft or robbery Arrested - assault/other violence DTTO, probation or parole	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day Lack of fun things to do Loss of sports or hobbies Lack of physical exercise
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing Arrested - assault/other violence DTTO, probation or parole Divorce or separation	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day Lack of fun things to do Loss of sports or hobbies Lack of physical exercise Problems finding or keeping work
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing Arrested - theft or robbery Arrested - assault/other violence DTTO, probation or parole Divorce or separation Child visitation issues	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day Lack of fun things to do Loss of sports or hobbies Lack of physical exercise Problems with training or school
Fights with children Fights with other family or friends Feeling alone Difficult to talk to other people Difficulty solving problems Loss of friends Only knowing people who use Problems with children/parenting Loss of partner Children at risk/in care Problems in sex life Other (Specify): Legal: Arrested – possession/dealing Arrested - assault/other violence DTTO, probation or parole Divorce or separation	Furnishing/equipping your home Finances and budgeting Home skills (cooking, shopping) Taking care of your home Taking care of yourself Other (Specify): Daily Routines Problems getting to sleep Severe snoring Problems waking up Eating too much or too little Not eating a balanced diet Bored during the day Lack of fun things to do Loss of sports or hobbies Lack of physical exercise Problems finding or keeping work

Laura Freeman, Ph.D. Addiction Interventions