

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:

- Head Injury in past (#:)
- Overdose experiences
- Stomach problems
- Dental/teeth problems
- Seizures or convulsions
- Large weight gain or loss
- Diarrhoea or constipation
- Nose or sinus problems
- HIV issues
- Hepatitis issues
- Waking up at night with a start
- Difficulty breathing
- Difficulty breathing at night
- Heart problems
- Chronic pain
- Specific pain problem
- Chronic fatigue
- Memory problems
- Other (Specify):

Relationships:

- 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
- 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
- Other (Specify):

Emotions and Feelings:

- Depression
- General anxiety or stress
- Panic attacks
- Anxiety around other people
- Anxiety when outside
- Other specific fears/phobias
- Sudden swings in mood
- Problems controlling anger
- Problems dealing with the past
- Remembering/flashbacks to past
- Hallucinations
- Feeling suspicious or paranoid
- Memory problems
- Can't sit still – always moving
- Can't relax
- Can't concentrate
- Other (Specify):

Housing, Finances, and Skills:

- 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):

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
- Problems with training or school
- Other (Specify):

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:

- Head Injury in past (#:)
- Overdose experiences
- Stomach problems
- Dental/teeth problems
- Seizures or convulsions
- Large weight gain or loss
- Diarrhoea or constipation
- Nose or sinus problems
- HIV issues
- Hepatitis issues
- Waking up at night with a start
- Difficulty breathing
- Difficulty breathing at night
- Heart problems
- Chronic pain
- Specific pain problem
- Chronic fatigue
- Memory problems
- Other (Specify):

Emotions and Feelings:

- Depression
- General anxiety or stress
- Panic attacks
- Anxiety around other people
- Anxiety when outside
- Other specific fears/phobias
- Sudden swings in mood
- Problems controlling anger
- Problems dealing with the past
- Remembering/flashbacks to past
- Hallucinations
- Feeling suspicious or paranoid
- Memory problems
- Can't sit still – always moving
- Can't relax
- Can't concentrate
- Other (Specify):

Relationships:

- 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
- Loss of partner
- Children at risk/in care
- Problems in sex life
- Other (Specify):

Housing, Finances, and Skills:

- 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):

Legal:

- Arrested – possession/dealing
- Arrested - theft or robbery
- Arrested - assault/other violence
- DTTO, probation or parole
- Divorce or separation
- Child visitation issues
- 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
- Problems with training or school
- Other (Specify):