

SELF-DISCOVERY (WOMEN)		
Packet	Contents	Description of Contents
SD2e: What Went Wrong?	"What went wrong?"	Identifies and addresses underlying issues and areas of vulnerability - critical to the process of developing insight, personal change and long-term recovery.
	Worksheets	<ul style="list-style-type: none"> ● Taking charge of your life ● At this point
SD6e: Reasons to Change	Reasons to change	Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and others (including criminal thinking and victim empathy). Builds motivation to make personal changes.
	Worksheets	<ul style="list-style-type: none"> ● Making a choice ● Your internal resources
SD7e: Your Life So Far	My life so far	Explores life experiences including their experiences with alcohol and other drugs - in a non-threatening manner. Discussion of family issues and childhood memories helps develop insight and identification of specific issues and areas to be addressed in counseling.
	Costs and consequences	Includes awareness-building and change-focused resources specifically addressing past behaviors, coping choices, and consequences.
	How are you feeling today?	Provides a useful approach to the development of self-awareness of feelings and past experiences as part of the early stages of programming.
SD11e: What's Going On In Your Life	"What's going on in my life?" (AODA resource)	Introductory substance abuse (AODA) workbook helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
	Worksheets	FFT: Time to think How far have you come? What's really important to me? What's the difference What can I do now?
SD12: Key Elements of Change	Key elements of change	Provides a comprehensive overview of personal change from substance abuse and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net.