



Managing Your Environment (Realistically)

It is easy for someone else to tell you what they think you should do with your environment and lifestyle. In reality, however, making changes in your environment may not be that easy, especially if you don't want to. The following activity considers things realistically from your personal perspective:

Rate each of the following using the following scale:

I'M OK – “This is not a situation that is present in my life today”

NO WAY – “In all honesty I am not willing to do anything about this”

ONE DAY – “I'll think about doing something to change this situation at some point, but I can't do it yet”

TODAY – “I am willing to try to do what I can to learn to better manage this situation today (or at least soon)”

	I'M OK	NO WAY	ONE DAY	TODAY
1. I still have paraphernalia at home				
2. I still have a stash at home				
3. I live with someone who has a supply in the house pretty often				
4. Where I live it is pretty common that I see other people high or drunk				
5. Where I go to socialize I am often around people who are high or drunk				
6. I am in a relationship with someone who gets high or drinks pretty regularly				
7. I can still get my drug of choice pretty easily not far from my front door				
8. I still hang out at the bar				
9. I still go to parties where people are using				
10. I still am in contact with people who either sell or are who are willing to share				
11. I work with people who have drugs on them pretty regularly				
12. My neighborhood is drug infested				
13. On occasion I have to travel through an area where I know it is easy to get drugs				
14. There is a liquor store or bar walking distance from where I live				
15. I have family in my life now who are often high or intoxicated				
16. I have friends around pretty regularly who are high or intoxicated				
17. At least one of my close friends who I still speak with has an active problem				
18. I still get involved in helping people get connected with someone who has drugs				
19. I live with people who stress me out to the point where I want to use				
20. It is hard to find peace in my environment				
21. There are people in my environment who I feel bring me down when I am doing well				
22. Other –				



Process/Discussion:

First, discuss which items you marked as **OK**'s.

- Which of these areas would you consider areas of strength? (For example, “I am OK with # 12 – I live in a pretty good neighborhood where drugs are not easy to find”)
- Which of the areas that you marked as OK are that way because of changes you made? (For example, “For number 1 and 2, I am OK because I sold my bong collection and I don’t keep any weed in the house any more since I got arrested”)

Second, look at areas you marked as **“NO WAY”**

- Which areas do you feel strongest about not changing and why? (For example, “For #17, My best friend still uses but I am just too close with her to ever consider changing that relationship”)

Third, discuss which areas you marked as **“ONE DAY”**

- What is holding you back from changing some of these areas now? It may be things beyond your control. (For example: “ #11 – I work in a field where it is common to be around people who use and for now I really need my job so there is nothing yet that I can do to change that until maybe I change careers one day”)

Finally, discuss some of the areas you marked as **“TODAY”**

- Which areas stood out to you the most as things you want to work on? (For example, #20- Its hard for me to find peace in my environment, but I would like start improving my ability to relax and learn deal with stress in my home without getting high or losing control”)
- What do you think that you would be willing to do in order to better your situation today or in the near future? (For example, for #5 I have decided it is time to stop going to parties and instead find something more positive to do on the weekends” or “ For #15, My brother is always getting high these days and even though it is tough to avoid him because we live in the same house, for now I am going to stop hanging out with him and his friends”)