



Are You Just Doing Time, or Viewing Time Wisely?

One of the greatest resources is time. How a person uses their time is closely linked to his or her level of overall success and happiness. Also, beside just how we **use** our time we need to consider how we **view** our time. Almost everyone in this world has some share of responsibilities and obligations that need to be done, regardless of whether or not we want to do them. (All kids who transition to adulthood soon learn that lesson from experience as they get older). Therefore, how we choose to view the things that we need to do, but don't necessarily want to do, is of utmost importance

If you are reading this now and you are in a substance use treatment program, perhaps you are there because you really want to be, or maybe you are attending just to avoid getting into trouble, or possibly when you break it all down, you are somewhere in between. Regardless of where you want to be right now, in order to get the most out of a group therapy program, the general rule for group therapy is that often **you get out of it, what you put into it.**

With that in mind, complete the following thoughts for discussion as a group:

How can I contribute to this group in a positive way...?

...With my words? (Or how I choose to speak and share)

...With my attitude?

...With my personal experience and knowledge?

...By listening to others?

...By being open to learning?

...By being real and honest?

...By being encouraging and helpful to others?

...By being my unique self (What is something about you that was not already mentioned that you can bring to this group?)

Final Thought:

***If the time spent in this group is like a river,
won't you get farther if you don't swim against the current?***