

MODULE 5C

LIFE SKILLS SUPPORT GROUP

THE BALANCING ACT

FAMILY/FRIENDS/MYSELF

GOAL: This module is designed to assist participants in making time for the important people in their lives, including themselves.

OBJECTIVES: Participants will be able to:

- discuss the importance of having some family time together in making good memories
- learn to put time on the schedule to be with adult company for entertainment and enjoyment
- build in self- pleasures by making a list of things enjoyed, like reading, sewing, taking a luxury bath etc.

MATERIALS: Handouts: Family, Self And Friends, Things I Like To Do With My Family, With My Friends, Things I Like To Do By Myself

FAMILY SELF AND FRIENDS

When we stop to think about the balance we would like to create between our families, and friends, we can get discouraged and take the easy road of just dealing with our children and spouses. This kind of isolation from others may be at times comforting, but on a regular basis may not be best for our children or us. There are times when family demands are there and must be attended to because they are high on our priority list. Yet, there are times when we need adult company and intellectual stimulation. Since we only have a certain amount of time in a day, we have to be careful to plan both quality time and quantity time with those we care about, including ourselves. A useful concept that could help organize for quality and quantity is the idea of making good memories.

If you stop to think about it, we seldom do things with our family and loved ones in order to make good memories. We interact and travel together, and do many things without stopping to think about the memories that we are creating. To deliberately set out to plan something significant and fun for our families takes some forethought and imagination. There are some suggestions for building good family relations such as having family conferences, eating dinner together, sharing the trials and triumphs of the day, and asking for help and changes to be made. Projects can be planned together. Even small children can participate in things like putting a picture book together of old family photos. The key to the planning is making it memorable.

Last but not least is oneself. We have to learn to put self first in terms of our mental, physical, and spiritual health. We don't think about self until there is a breakdown in our system and we become debilitated in our ability to function and do the things that we typically take for granted. When for example, our health becomes affected we immediately notice that we can't do things the way we have always done them. We may experience depression. It is only when there is an interruption in the things that we take for granted, do we stop and think about self. Putting oneself on a schedule may be a smart way to ensure that personal needs are taken care of.

THINGS I LIKE TO DO WITH MY FAMILY

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

THINGS I LIKE TO DO WITH MY FRIENDS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

THINGS I LIKE TO DO

BY MYSELF

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Addressing Substance Use/Abuse Issues

Relationships are difficult! The balance between taking care of self and others can also be difficult at times. Yet it is important to work toward addressing our needs in light of the needs of others. We can't achieve our life goals when we become too consumed with ourselves as seen in alcohol and drug use. Likewise, if we ignore our needs for the needs of others on a consistent basis, we will find ourselves in a no-win situation, feeling angry and unappreciated.

TIMES WHEN MY FAMILY HAS BEEN AFFECTED BY DRUGS OR ALCOHOL USE

- 1.
- 2.
- 3.

HOW DRUGS OR ALCOHOL HAVE AFFECTED MY FRIENDSHIPS

- 1.
- 2.
- 3.