

## The “Notebook Project”: Creating a *Help That Helps* Personal Guide

To support your medical care, and to supplement *Help That Helps: A Kind, Research-Informed, Field-Tested Guide for People with Substance Use Concerns* by Anne Giles, M.A., M.S., L.P.C. and Sanjay Kishore, M.D., you are invited to spend a year and a day creating a personal guide that individually supports your achieving remission from substance use or behavioral challenges. You are invited to spend an hour each day—7 hours of each 168-hour week—creating your guide.

You will receive contingency management awards for adding new content. The content of the guide is up to you. Research-informed suggestions to customize and include are listed below. You are encouraged to intentionally create and include content you think you might value looking at again—perhaps often—in support of your progress. You might include completed worksheets from multiple sources, drawings, coloring pages, journal entries, short stories, poems, top ten lists, lists recommended by members of your remission support network, and lists of self-soothing practices.

To receive contingency management awards, the guide’s binder must be present, have a cover illustration, contain new content in page protectors, and include all previously created content.

Timing	Contingency management awards available
Week 1: binder, blank page protectors, cover illustration	\$10 Kroger card
53 weeks of new content, \$1 each week	\$53
Weeks 4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48	\$10 Kroger card
Week 24	No charge for session
Week <i>x</i>	To be co-determined
Week 53	\$100 Visa card

### Content Suggestions

All page numbers refer to *Help That Helps: A Kind, Research-Informed, Field-Tested Guide for People with Substance Use Concerns*. A link to the guide is available from the For Clients page: <http://www.annegiles.com/clients/>.

1. **Completed worksheets from *Help That Helps*.** Please consider reading *Help that Helps* from start to finish, printing out, dating and completing the worksheets, and placing them in a section in your binder. To get started, consider completing the self-assessments from pages 13-29.
2. **Completed worksheets from the Awareness Skills packet.** From the Awareness Skills packet available through the client portal, consider completing your selection of worksheets from each category: Feelings Skills, Thinking Skills, Inner Wisdom, Attention Management, Physical Awareness, Values, Interpersonal Skills, Onward.
3. **“I Can Give Myself and Others a Better Time” Log.** Keep an “I Can” Log using the online form or your own paper in which you list a) the date, and b) statements completing this formula: “Something happens. / I feel natural feelings. / I think thoughts. / I feel feelings as a result of my thoughts. / I think a realistic, helpful, supportive thought. / I

choose wisely.” For more information, please see “I Can Give Myself and Others a Better Time,” a 6-page explanatory supplement on the For Clients page.

4. **Reading Log.** Please select a reading from one of the links on the For Clients page, the CPT Resources page, or readings co-selected with your counselor, set a timer if you choose, and spend 10 minutes reading your choice. Use the online form or your own paper to track your readings with a) the date, b) the title of what you read, and c) an “I learned...” statement.
5. **Personal Timeline.** Create a list of 50 personal, specific, dated life events you believe have influenced how you think and how you see yourself, others, and the world. Feel free to type or handwrite the list and consider decorating and/or illustrating it.
6. **Self-Portrait Using Tools.** Create an individualized drawing (stick figures work!) of a close-up of you wielding your own tools from your own toolbox as you use skills to hammer away at automaticity. See page 41 for reference.
7. **Self-Portrait Practicing Self-Care.** Create an individualized drawing (stick figures still work!) of a close-up of you draining away the power of automaticity through self-care. See page 41 for reference.
8. **Self-Portrait While Noticing.** Create a drawing of yourself noticing your feelings, thoughts, and attention prior to taking action.
9. **Photograph of your inner volume control dial.** For directions, please see Adjusting My Inner Volume on the For Clients page.
10. **Updated résumé.** Consider taking a free, brief, online training or continuing education course that offers a certificate of completion, adding the course to your résumé or curriculum vitae, and printing out a fresh copy for your notebook.
11. **53 weeks of autonomy-supporting affirmations.** Once per week—or more often—write a statement that affirms your ability to take aware, deliberate, realistic, helpful, supportive, wise action on your own behalf. At the end of 53 weeks, you will have created a personalized booklet of affirmations that meets your individual needs. Please see “I Sing a Song of Myself” on page 82 for ideas.
12. **Illustrated, Intentional Selfie “App.”** Consider creating a weekly self-portrait for 53 weeks of yourself using skills as you tend your feelings, thoughts, attention, and actions, achieve and maintain remission, then advance and grow. At the end of 53 weeks, you will have created a flip book “video” record of your progress.
13. **Evolving Dedication page.** If your book were published, to whom or what would you dedicate it? You may have several choices in mind. Create a document that you can save and access, update it with the options you are considering as they occur to you, and print out an updated copy every few weeks.
14. **Evolving Acknowledgements page.** Who or what has provided you “help that helped”? Create a document you can save and access, then start in week one to keep track of your awareness of all the sources contributing to your strength, confidence, and accomplishment.
15. **Evolving About the Author page.** Write a personal bio, save it as a document you can save and access, update it every few weeks, date it, and print out an updated copy. Keep former copies of your About the Author page in your notebook so you can track the evolution of your awareness of your identity.
16. **Weeks 52 and 53.** Please see the For Clients page for suggestions.