

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 will be provided with descriptions of research-informed components to customize and include. You will receive contingency management awards for completing them. You are invited to add components you deem important such as additional worksheets, drawings, coloring pages, journal entries, a top ten list of “I learned...” statements, lists recommended by members of your remission support network, lists of inspiring quotes and self-soothing practices, a dedication page, an about the author page, etc. The components are due weekly. You are invited to spend an hour each day—7 hours of each 168-hour week—creating your guide.

To receive contingency management awards, your guide’s binder must be present, contain the current specified content, and include all previously specified content. Participants may complete the components early but awards will only be given in specified increments. Participants manage their own schedules of due dates and may start or restart at any time. Participants must be present to receive the award for that week’s designated components. If a session is missed, that week’s award is unavailable, but award opportunities continue during the following weeks. 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/>.

Requirement	Awards available
53 weekly sets of components, completed as specified, \$1 each	\$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

Components due each week beginning Week 2:

- “I Can Give Myself and Others a Better Time” Log.** *Minimum of 5 entries per week.* 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.
- Reading Log.** *Twice weekly entries.* 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. Create designated pages for a Reading Log in which you list a) the date, b) the title of what you read, and c) an “I learned...” statement.

Week #/ Due date	Components due	Awards available
Week 1 Due: _____ (Please use a calendar to fill in the due dates based on when you started.)	1) 2” binder, \$5-\$10 2) 50-pack page protectors, approx. \$5 3) Sketch or printout of draft of cover with working title 4) First 10 in a final list of 50 personal, specific, dated life events that have influenced how you think and how you see yourself, others, and the world. (Final draft will include 50 or more specific events from your personal history with completion of this timeline as the last event; typed or handwritten, decorated/illustrated.)	\$10 Kroger card
Week 2 Due: _____	2 Reading Log entries, 5+ “I Can” entries, all the above, plus: 1) Final draft of timeline 2) Dated, completed self-assessments from pages 13-29 3) 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.	\$1
Week 3 Due: _____	2 Reading Log entries, 5+ “I Can” entries, all the above, plus: 1) From Awareness Skills packet available through the client portal, completion of your choice of one handout from “Feelings Skills” and one from “Thinking Skills.” 2) Photograph of your inner volume control dial. For directions, see “Adjusting My Inner Volume” on For Clients page.	\$1
Week 4 Due: _____	2 Reading Log entries, 5+ “I Can” entries, all the above, plus: 1) Completed self-narrative worksheet, page 53 2) Your choice: a) résumé or b) document/application in need of completion	\$10 Kroger card <i>Last revised 8/7/19</i>