

Had enough?

Then make a change

Te Whatu Ora
Health New Zealand

Welcome

Tēnā koe

Welcome to your action workbook.

Congratulations on taking the courageous step of working through this workbook.

This workbook is the companion to the *Had enough?* DVD documentary.

If you relate to the stories in the documentary and are keen to look at the way you drink or take drugs then this is a very good place to start.

The action workbook will help you think about your experiences, examine how you feel about your drinking and drug use and help you set goals for change.

The workbook helps you work through your life in much the same way as the DVD. It helps you tell your own story, look at the consequences of your drinking and develop strategies for change.

Write down your thoughts in the spaces provided. If you need more space, there is space provided at the back of the workbook.

Writing about yourself may be really difficult. Persevere. The actual process of writing helps us to clarify our thinking.

Remember – this is the beginning of a process and change is a journey, not a destination.

Bon voyage

Kia kaha

“They always say time changes things, but you actually have to change yourself.”

– Andy Warhol



If you have any questions or queries on any subject please phone the Alcohol Drug Helpline on **0800 787 797**.

First thoughts

Had enough? DVD documentary

Let's take a moment to reflect on what was said in the documentary.

Note down what you thought and felt about each of the four characters' stories:

Jim...

Jennifer...

NinaKaye...

Ted...

What 'came up' for you as you watched the DVD?

Did you feel uncomfortable at any point? When?

Why do you think you felt uncomfortable at that point?

How is your experience similar to those in the documentary?

First thoughts continued...

How is your experience different?

Is there a particular character or story that you relate to?

What is it you identify with?

Is there a character that annoyed you?

What was that about?

Now let's move on to working through your own experience step by step. This will help you understand more clearly the role alcohol and drugs have played in your life.



“...I was about 14... drinking at lunch time, smoking heaps of dak.”

– NinaKaye



“On my 20th birthday I had my first drink of booze...”

– Jim



“The first time I got drunk I was 14... to this day I can’t touch piña colada.”

– Jennifer



“By the time I was 13 I was drinking regularly... it was like the square peg went in the square hole when I was stoned or drunk.”

– Ted

The first time

When was your 'first time'? How old were you?

Did you enjoy that first experience?

What was it like for you?

Write down some of the 'good things' about your early drinking or drug use.

Were there any 'not so good things'? If so, write these down.

The first time continued...

What else was happening in your life?

Relationships...

Family...

School...

Work...



"All this was brought about by my father's drinking... he was a notorious drunk."

– Jim



"It's fulfilling something. I don't know what it is... it's probably the low self-esteem I had when I was growing up... being different."

– Jennifer

Growing up

What was it like for you growing up?

Looking back through your childhood and school years, write down what it was like for you growing up. Remember that how you felt at the time is more important than what actually happened.

What type of things caused you concern as you grew up?

How did you feel about yourself?

How did you feel about your friends?

How did you feel about your family/caregivers/parents?

Growing up continued...

What were the 'good things' about your upbringing?

What were the 'not so good things'?

What have you found out about yourself and those early years?



Keep the things you have recorded in mind as you work your way through the workbook so that you can identify any links or patterns that have occurred through your life.

Taking hold

When did it really take hold?

What happened with your drinking or drug use after your initial experiences?

When did your drinking or drug use really take hold?

How much and what did you drink or use? Try to be specific here – you might be surprised!

What do you think others thought about you and your actions?

How did your use impact on your friendships, education or your career?



*"It was a regular thing really.
We'd go get a rigger a day
and just sit there and drink..."*

– NinaKaye



*"... I drank for 10 years
four months..."*

– Jim



*"I started drinking as a lifestyle
when I was 18... I was getting
drunk almost every day then."*

– Jennifer

Taking hold continued...

How did you feel?

What were the 'good things' about your drinking and drug taking through this stage?

Were there things you did or were part of that you felt uncomfortable about? What were they?

How do you feel about those things when you look back?



*"I tried not drinking in pubs,
I would only drink in clubs..."*

– Jim



*"...that was my first time off
drinking. I went for a year
and I thought I had beaten it."*

– Jennifer



*"I tried to find that unknown
'help factor'."*

– NinaKaye

Seeing the problem

When did you first begin to see the problem?

When was the first time you saw your drinking or drug taking as a problem?

What have been some of the costs/ consequences for you and those around you?

Physical...

Emotional...

Work...

Relationships...

Legal...

Seeing the problem continued...

Do you take risks when you drink or take drugs? What are they?

Have you been injured as a result of your drinking or drug taking? If so, what happened?

Have you had blackouts (people tell you about things you did that you can't remember)?

Have the things that happen as a result of your drinking or drug taking changed over time? If so, how?

Looking at your drinking today:

What happens when you drink?

How do you feel the next day?

Do you regret your actions?

Roles of others

What role have others played in your drinking?

What part have others played in your drinking and drug taking?

Has anybody else become concerned about your drinking or drug taking?

If so, who and what have they said to you or others?

*“There are in nature neither
rewards nor punishments,
there are only consequences.”*

– Robert Ingersoll



"If I could just have two or three drinks a day, a socially acceptable level, perhaps then I would have a peace within myself..."

– Jennifer



"...she said (AA member)... try not to pick up the first drink, one day at a time, and get to plenty of meetings."

– Jim



"I did seek help at the time... I went to counselling..."

– NinaKaye



"I went for an interview at a treatment centre, which was pretty terrifying. I broke down and cried. It was just because it was the first time in a long time since someone had said to me 'how do you actually feel?'"

– Ted

Trying to change

Have you ever tried to change?

Have you ever tried to change your drinking or drug taking?

What did you do?

Were you successful?

Is it important for you to change now?

Why now?

What would you like to change?



"I can't see myself stopping, as much as I'd like to. I really need some form of release at the end of the day."

– Jennifer



"I did that (used) again for three years..."

– Ted



"I still had all that negative brooding energy."

– NinaKaye



"I said 'No thanks I'll have a beer'... and there are fragments left of that night... I remember being in a cell..."

– Jim

It's not easy

How easy is it to change your drinking and drug taking?

Make a list of all the 'good things' about changing your drinking or drug taking.

Now identify three things that could make change difficult.

Who will support you in your decision to change?



You could call the Alcohol Drug Helpline on **0800 787 797** for a list of Alcohol and Drug services in your area.



“...what else could I do except try and start again...”

– Jim



“I realised how unique it was to be Māori, to be female, and to be clean.”

– NinaKaye



“When I’m in my older age I just plan to obliterate myself...it’s between now and then that I want to stay off it, stay off drinking.”

– Jennifer



“The difference this time was that people knew... I’d put my hand up and said I’ve got a problem.”

– Ted

Fresh start

Would you like to make a fresh start?

List the things you would like to achieve over the next 12 months; eg, a hobby, a course, doing volunteer work etc.

[illegible]

How would your current drinking or drug taking affect those choices?

[illegible]

Remember to take small, achievable steps, and that change takes time and perseverance.

Triggers

Triggers are situations that might put your decision to change at risk. For instance going to the pub or having a fight with your partner could trigger you to drink more than you intended.

Make a list of your 'triggers' in the table opposite and then next to that write down what you plan to do to overcome the risky situation. For instance, if fighting with your partner is a trigger you may decide you will go for a walk until you calm down.

It is normal to feel very strong emotions as you learn new ways of taking care of yourself.

Persevere, things will improve.



It's important that you find new ways of dealing with your feelings because they can also act as a trigger if you are not prepared.

Trigger

[illegible]

Action

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



“For the last six months I’ve been completely clean and loving it.”

– NinaKaye



“The rewards of sobriety, of the kind of life I lead now, are too private to share but they’re great.”

– Jim

Into action

By now you have a clearer understanding of the issues you are facing and the changes you may like to make.

We suggest you now summarise what you have learnt.

What are the consequences of your drinking or drug taking?

What are the key changes you will make?

Into action continued...

What are your possible triggers?

What is your plan when you face a trigger?

What strategies are you going to put in place to maintain your changes?



In the back of this booklet, you will find a list of simple strategies to help you make and maintain the changes you have established.

Conclusion

Congratulations on working your way through this book.

Remember this is a journey not a destination and that there are many people out there ready to help you when you are ready.

All the best as you go forward from here.



Remember it is difficult to do this alone. Seek help. Call the Alcohol Drug Helpline on **0800 787 797** to find out how to contact your local Alcohol and Drug support service.

Strategies to support lifestyle change

There is a range of physical, emotional and spiritual tools that will help you deal with the changes you want to make to your drinking or drug taking.

Physical

Water

Drink lots of water. Why water? It helps flush out the system, to clean you up, literally. It keeps your mouth busy and your stomach full.

Exercise

Walking is a good place to start. It clears the head, allowing oxygen into your lungs and bloodstream, helping to detoxify your body. Walking also gives you time to think.

Diet

Eat three meals a day, especially breakfast. Let your body detoxify and the cravings will lessen.

Keep an eye on how much coffee you drink and how many cigarettes you smoke as these are powerful 'triggers' to drinking and drug use.

Work

While work contributes to your sense of purpose, it is important that you don't neglect other emotional and social areas of your life.



Remember as you go through changes that you need to keep a balance between all aspects of your life.

Emotional

Take Note

Writing helps. Keeping a diary will help you process the changes that are going on for you.

Keep Talking

Talking helps. Find people outside your current network who can help you with your problems. Finding a counsellor could be a good start.

Sleep

Sleep helps. It restores you physically and it allows you to maintain emotional balance and perspective. Ever noticed how you behave when you are tired?

Loneliness

As you make changes you may find you feel alone and lonely, even (or especially) when you are around lots of people. It is important to find ways to build meaningful relationships and to identify people you can call on when you feel lonely.

Anger

As you make changes you may find you get angry and resentful. These are feelings that you have been suppressing with alcohol or drugs.

When you are feeling angry it is good to talk with a friend or counsellor or write your feelings down. Anger is normal but if you let it simmer it could undermine your decision to change.

Strategies to support lifestyle change continued...

Spiritual

Your spirit, your wairua, is a part of your overall makeup and as you make changes your spirit will need some attention as well. Begin to nurture your spiritual side by talking to others about the changes you want to make and your progress.

Live well, eat well, work well, set goals.

Give yourself credit for the changes you have made. Talk to others.

There is no quick fix, no instant solution, no miracle cure – this is a slow progression towards permanent, positive change.

Go well along your journey.



Remember, change is a journey not a destination. Go easy on yourself. It is not about success or failure, only progress and growth.

Notes

**Te Whatu Ora/
Health New Zealand**

Freephone: 0508 258 258

Email: enquiries@hpa.org.nz

To order resources visit

<https://order.hpa.org.nz/collections/alcohol>

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