

DRUG LINE/ LIFE LINE

While you are in your orientation period, you will write, draw and present your life story to your peers and staff. Most people are a little anxious about this. You will be asked to tell us what has happened to you, what you have done and what drugs and alcohol you have used. Most people want to know: How do I do this? Where do I start? Will people make fun of me? Why do I have to do this?

Being nervous is normal. We know that if you are honest and sincere you will do just fine. Staff is present and will ensure that the group will give you their attention. The staff and your peers want to hear your story. This will help them to understand you, what you need in treatment and how they can assist you in your recovery. Staff will videotape your presentation so that at discharge you will be able to view your story and see the progress you have made.

This is how you begin. The following page includes a list of questions to guide you through this process. Most clients take the first few days of treatment to think about and write down a detailed history of their lives. Your mentor or any staff member can help you with this if you need it. Be sure to have staff check your completed work BEFORE you present it to your peers

TELL US ABOUT YOUR LIFE

- 1) What are your goals for treatment?
- 2) What strengths do you have that will help you achieve these goals?
- 3) What are some of the barriers that could keep you from meeting your goals?
- 4) Where you were born?
- 5) Describe your parents, brothers/sisters or other significant family members. (work, careers, use, divorce, marriages, prison, etc)
- 6) What were some of the things your family was doing before you went to first grade? (Divorces? Marriages? People who were using? Did you move?)
- 7) What was a typical day like at your house? (Meals, homework, were your parents around?, etc)
- 8) How did your family express their feelings? (Anger, sadness, happiness, crying, yelling, violence, isolation, etc)
- 9) How did your family celebrate holidays / birthdays?
- 10) What are your family's beliefs about using and drinking?
- 11) What were your beliefs about using and drinking?
- 12) What was important to you and your family? (Money, education, religion, loyalty, relationships)
- 13) What was your favorite thing to do with family members?
- 14) Tell us what you and your family were doing when you entered first grade, second, third through the sixth grade. (Moving, school, activities, work, prison)
- 15) Did you start using during these times?
- 16) How were you treated as a child? Were you abused / neglected?
- 17) Complete your story by telling us what you did, your thoughts and feelings starting at seventh grade to present. Be sure to include what you and your family were doing. (School, activities, relationships, cops, etc)
- 18) Tell us how you selected the Youth Recovery Center to receive treatment

GRAPH YOUR LIFE

The second part of your Drug Line/ Life Line is to graph your life story (see sample on next page). You may use regular paper, poster board or newsprint. You will need six different colors of crayons or markers (ask staff for materials). You will be charting six different categories that include:

Family life

School

Recreation /sports/hobbies

Social Life/Friends (which include criminal activity)

Religion/Spiritual

Your using patterns (what you used, how much and how often)

Did you use with others or by yourself?

You will be the judge on how above/below the normal or neutral your lines will be. Keep in mind good thoughts/feelings will be above the line and negative thoughts/feelings will be below the line.

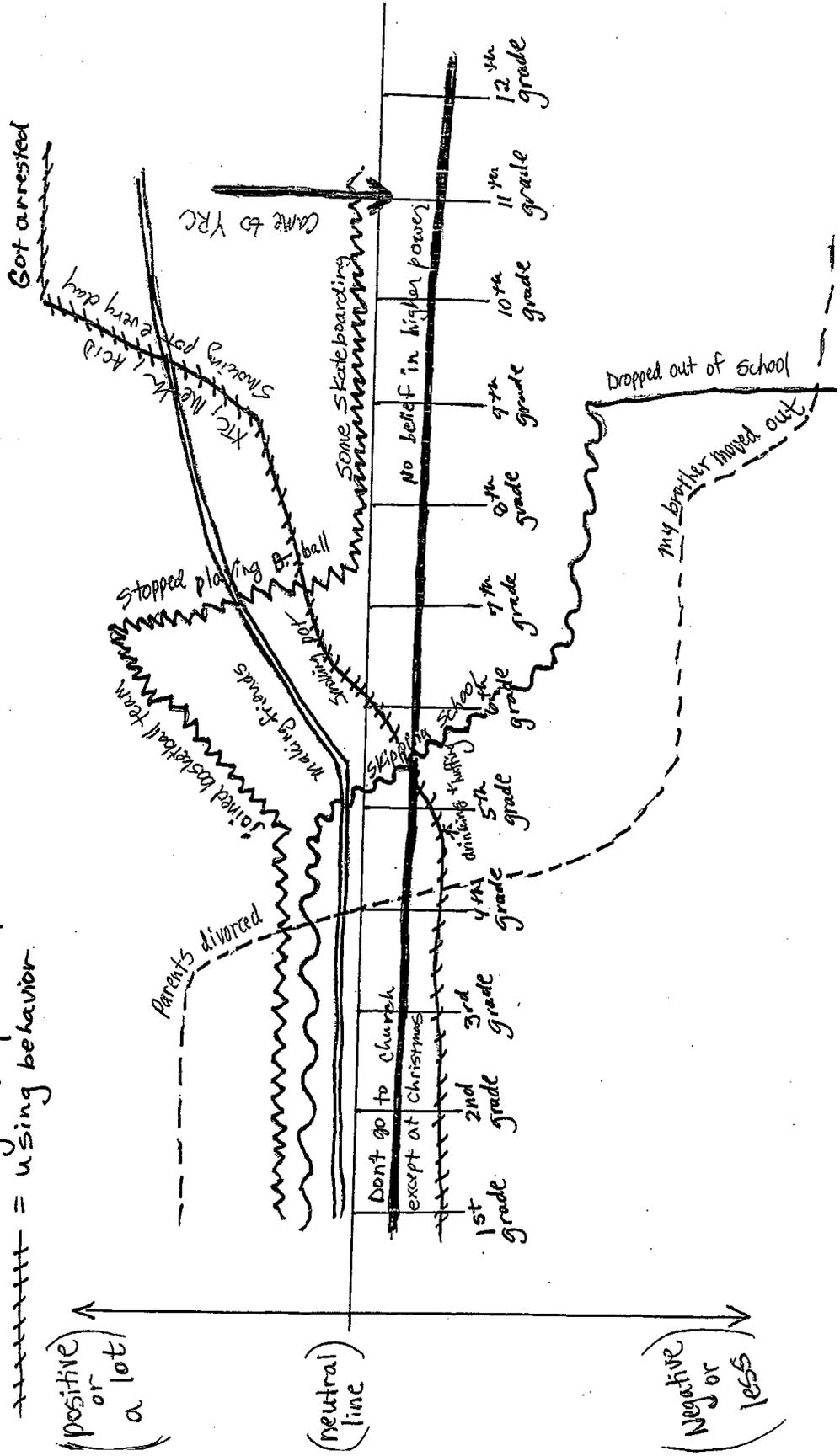
After you have completed your life chart, be prepared to explain it to your peers and staff. You will need to answer the following questions about your use:

1. When you started using what did you like about the drug / alcohol? (Social, escape, feeling, etc)
2. What were the effects? Include both positive and negative
3. What unwanted emotions and thoughts were you avoiding by using?
4. What will you miss most about the drug / alcohol?
5. What will be the most difficult part of your using behavior to let go? (Parties, friends, money, power, etc)

Let them know the consequences of your using in all areas! For example, “when I started to smoke pot, my grades dropped and my parents were on my back about being late”.

MY LIFE LINE

- = family life
- ~~~~ = School
- ~~~~~ = recreation/sports/hobbies
- ===== = Social life/friends
- ===== = Religion/Spiritual
- +++++ = using behavior



**YOUR DRUG LINE / LIFE LINE
(YOUR STORY ABOUT YOU)**