This is a preview. There are sections, even pages, missing. The paid version is far cooler.

A Booklet for People Who Maybe Want to Quit

Getting From Maybe to...
Well, It’s Up to You.

By Kim Rosenthal, MD
A Booklet for People Who Maybe Want to Quit is, despite its name, written for addiction counselors to use with clients.

Our patients are often contemplative about drug cessation, even pre-contemplative, and there aren’t many available workbooks directed towards those who are still using. What is available tends to be very dry. Why consider quitting when quitting is a set of boring worksheets?

Here motivational interviewing and psychoeducation meet cartoons, art, humor, and drawing stick figures. There’s no pressure. There’s no requirement to quit. Drug cessation is explored as a possibility, and the reader is left to decide on their own.

If you are not an addiction counselor, don’t worry about all the nonsense above. Just grab a pen, turn the page, and jump right in. Welcome, and thanks for visiting!

Table of Contents

Introduction..................................................2
Don’t Think About Drugs.................................3
Before You Quit.............................................6
Not Ready to Quit..........................................7
Ways to Quit................................................8
Getting Ready to Quit.....................................9
Rules for Quitting........................................10
Benefits of Recovery.......................................11
Common Triggers.........................................12
Alternatives to Drugs....................................13
Imagine... Quit Day.......................................14
Fabulous Emergency Quit Card......................15
Quit When You’re Ready...............................16
A final Quiz...............................................17
About the Author.........................................19
(Multiple pages missing in this preview version)
NOT READY TO QUIT
You’re at where you’re at, that’s understood, but take a leap of faith and fill out the following:

What I like about using:

What I don’t like about using:

Good things that might happen down the road if I keep using:

Good things that might happen down the road if I stop using:

Which list is more convincing? Which list has more oomph?

Nope, there aren’t any issues and I’m still not gonna quit.
Okay. Get help if you change your mind.

Maybe there are problems, but I’m not ready to quit.
Great. Reach out for help when you’re ready.

Just for argument’s sake, if I were ready to quit, what should I do?
Get help! Oh, and turn the page.
Ways to Quit

We pause here to listen to good music [please play good music now] and highlight ways to rise above addiction [please review and highlight ways that might work for you]
Getting Ready to Quit

Ready or not, humor us and complete this worksheet anyway! Thanks.

1. Why quit? Reasons you might quit:

2. Before quitting. What can you do before you quit to prepare?
   - Research your treatment options
   - Cut back on using
   - Find fun alternatives to using
   - Start avoiding triggers
   - Have a practice run without using
   Optional: Date you plan to quit ________

3. Getting treatment. Where can you go for help?
   - 12-step meeting
   - Emergency room / medical detox
   - Counselor or psychiatrist
   - Substance abuse day hospital program
   - Sober living (half-way house)
   - Rehab or residential program
   - Farm, work, or wilderness program
   - Call the SAMHSA National Hotline at 800 662 HELP for guidance

4. First. If you quit, how do you start?
   - Call a hospital if you need detox.
   - Talk to someone you trust for help.
   - Go to a 12-step meeting and ask for help.
   - Make phone calls to get into a program. No money? Consider the salvation army or any state-run program.
   - Arrange an intake appointment for treatment at a clinic or day hospital
   - Call your providers
   - Tell friends and family that you’re quitting and QUIT.

5. Seriously… What must happen for you to want to quit?
   - I have to hurt somebody badly.
   - I have to get seriously sick.
   - I have to lose everything first.
   - I’ll stop using before it gets that bad.

Okay, what will it take for you specifically? Answer here.
Rules for Quitting

You're unique. Which rules apply to you?

Rule #1. Most people need help to quit.

Rule #2. Most people need help to not relapse.

Rule #3. Most people need more than one type of help.

Rule #4. Staying in treatment is crucial.

Rule #5. Staying in treatment is crucial. (Repeated for emphasis)

Rule #6. Most people don't know what “crucial” means. (If not, Google it!)

Rule #7. All you have to do is quit and life is perfect after that.

Rule #8. Recovery gets easier and better with time.

Answer: What does this all mean? (Dear Lord, another question!) It means that if you want to quit, you need to ask for help – and probably more than one type of help. Detox, rehab, 12-step, support groups, Methadone or Campral, housing assistance, job skill training, counseling and coping skills, medical care… Okay, Rule #7 is false. Quitting is not the same as recovery. And life is never perfect. The rest are generally true.
Benefits of Recovery

How does addiction affect you, and how does recovery make a difference?
Answer the following questions.

1. **How do drugs/alcohol affect your family and friends?**
2. **How can recovery improve things?**
3. **How does addiction affect your education?**
4. **How can recovery improve things?**
5. **How do they affect you physically?**
6. **How can recovery improve things?**
7. **How do drugs and alcohol affect your work?**
8. **How can recovery improve things?**

**RECAP:** Describe how recovery would improve your life.
Pro-Drug Thoughts and How to Deal with Them... While Coloring.

Got a reason to keep using? Grab your colored pencils and fill this page with reds, blues, and greens. Oh, and read about pro-drug thoughts and possible ways to deal with them.
Alternatives to Drugs

Before quitting, your life revolves around one thing: drugs. Now that you’re thinking about quitting, you’re thinking, “Will I ever enjoy life again?”

- Buy a leather jacket
- Learn how to ride a motorcycle
- Play with a pet
- Clean up after your pet
- Collect fish, stamps, cats, and more fish…
- Study to become a counselor
- Listen to music or watch a video
- Learn to ballroom dance (romantic!)
- Play video games
- Eat a banana & strawberry smoothie
- Go for a walk/exercise
- Pray and study the Bible
Imagine... Quit Day! Here are your instructions:

<table>
<thead>
<tr>
<th>Turn on radio or MP3. Find likeable song and play. (Don’t listen to music if that’s a trigger... but do something calming.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a deep breath. (Don’t breathe if that’s a trigger... do something calming.)</td>
</tr>
<tr>
<td>Throw out all drugs and alcohol.</td>
</tr>
</tbody>
</table>

Read the Quit Rules below.

(1) Take it one day at a time. You don’t have to promise to avoid drugs forever. Just today. Let tomorrow take care of itself when you get there.

(2) Reward yourself for not using

(3) Replace using with something else.

(4) Identify new ways to deal with stress and negative mood, apart from using.

(5) If tempted to use, reach out to someone before you relapse

(6) Use the Ludicrous Emergency Quit Card to get you through the first week... if you dare.

Just say it once real loud: yeah, I quit. No, really READ them.
A Final Quiz (p2)

If you’re reading this page, it means you don’t want to quit. Sure, we respect that. Everything’s in your control. Quitting or not quitting is your choice, and you know this.

Of course, the author would prefer it be in her control. She’d snap her fingers, cast a special spell, and voila your addiction would be gone. The alternative “you” would step up, the part that’s meant to be a writer or lawyer or scientist or grandmother or superstar, and you’d be so fulfilled with life that addiction would be an old memory. You’d earn an international prize for greatness, marry [insert the name of your favorite person here], test sports cars, or do whatever it is you’re truly meant to do.

But it isn’t that easy. **You have to snap your fingers for yourself.**
About the Author

When not writing and doodling, Kim Rosenthal practices life as a physician. Her career as a travelling psychiatrist has led her from countryside to big cities to places where no one speaks English. Dr. Kim attended medical school in Houston, Texas. She’s board-certified by the American Psychiatry and Neurology Association and has medical licenses in Hawaii, Maine, and North Carolina. She has experience working in detox centers, rehabs, mental health clinics, emergency rooms, forensic hospitals, geriatric settings, as well as day programs and psychiatric hospitals. Over the past 20 years, she has helped thousands of people get past mental illness and addiction. These days Dr. Kim works as an attending psychiatrist at a state hospital in North Carolina. She wouldn’t trade her career for the world.

Dr. Kim is working on a publication for recovering addicts. It’s called the Wacky and Wonderful Recovery Workbook and accompanies the reader on a journey through a world of sobriety. It’s hard work. It’s also creative and entertaining and splashed over with artwork and comics. Worksheets range from “Why Quit” and “Dealing with Guilt” to alter egos, art therapy, puzzles, strange scenarios, and writing movies.

If you want to read more by Dr. Kim, check out kimrosenthalmd.com. The site includes 110+ mental health posts, half a dozen free and low-price mini-books, plus information on the Wacky and Wonderful Recovery Workbook.
That’s all, folks!

See you next time, next booklet.