

Counselor: Here are two additional samples of RSAs taken from my Workbook. Both have a SUD focus.

Sample 4

This Sample 4 RSA was also written by a client who is a wife struggling with addiction.

A: I am sitting at the lunch table at home thinking that for the last 3-4 weeks I've put myself in situations where I would tell others it was OK to drink in front of me (i.e., my husband out at dinner, or drinking at home, at football games, etc.). Through these events, I started to have thoughts that I could drink as well.

B1: I am just as smart as Jack is. Why shouldn't I be able to have a drink to relax?

B2: I seldom had problems with my drinking in the past. I know that my behavior is changing for the better due to my sessions with my counselor. I should be able to handle a couple of drinks.

B3: I am so sick and tired of all these AA meetings and advice about drinking.

B4: I am smarter than most of these people with alcohol problems.

B5: I just want to be able to relax for once—the holidays are really stressing me out.

DB1: Jack's level of smartness does not have bearing on the situation. There are other things I can do to relax, especially since my drinking has caused me problems in the past. I'm tired of "shoulding" on myself. The world is not fair, and it is unfortunate, yet bearable, that I suffer from this disease called alcoholism.

DB2: While I seldom had problems in the past, recently I have had very severe problems because of drinking. Having a couple of drinks may lead down a road that I do not want to go. Having even one drink does not help me reach my goals. Furthermore, I am doing so well in AA and therapy, I don't want to jeopardize my recovery? I am stronger now and able to live a life without drinking.

DB3: While I may not like going to AA meetings, I can stand it and may even learn to enjoy them immensely. I'm the one who will decide whether I get anything out of a meeting.

DB4: Yes, I may be smarter than a lot of people with alcohol problems, but I certainly am not the smartest. In order to lead a happy and addiction free life, I choose to continue to think I can control my behavior by my thinking rationally.

DB5: The holidays do not stress me out. I stress myself out by my thinking about the holidays. There are many people I can reach out to if I am stressed. Furthermore, there are many alternative ways to help relieve stress without taking a drink. I made myself stressed. I can make myself relax by my thinking. Yes, sometimes I will still encounter times when I will feel vulnerable about drinking, but I know that I will continue to progress and reach out for help as needed.

C1: Angry, upset, ashamed, irritated, and anxious

C2: Snuck 3 drinks behind my nanny's back.

E1: Annoyed, relieved

E2: Choose not to drink. Admit my craving alcohol to my nanny, Jack, and my sponsor. Attend AA meetings daily or therapy sessions. Ask my cousin to come in and stay with me for the weekend since Jack has to work and I want to do what I can to feel supported.

Sample 5

This Sample 5 RSA was written by a client who happens to be a woman struggling with an alcohol problem and unemployment.

<p>A: Perception: Being at home all day with no kids.</p>	<p>D of A: Debate of A: I am at home alone.</p>
<p>B1: Belief/Thought This sucks.</p>	<p>D of B1: Q1-N Q2 - N Q3 - N Q4 - N Q5 - N This isn't the greatest thing to have happened. There are several bright sides to this situation. My house is cleaner, we've had nice home-cooked meals that take more than 30 mins to prepare, I enjoy cooking, I've had extra time with the kids in the afternoon, I've been able to get involved with Autumn at school, David hasn't had to juggle any of the home things on top of his job. They are in fact beneficial to myself and family. I will continue to look at the bright side of this unemployment situation. Plus, it's important to remember I didn't like what I was doing before. I now have time to find something I will be happier doing.</p>

B2: I'm worthless.

D of B2:

Q1-N Q2 - N Q3 - N Q4 - N Q5 - N

I am a person with worth, value, skills, ethics, and drive. I don't have to be at work to demonstrate these qualities. I have these qualities even at home. I can use these qualities to find a better opportunity in the workplace that will appreciate my qualities and skills. Also, I have time to find a good fit, something I will enjoy, excel at, and can grow with. I am fallible, but not without worth. I'm worthy of my next opportunity!

B3:

No reason to be sober.

D of B3:

Q1-N Q2 - N Q3 - N Q4 - N Q5 - N Although this is very tempting, and it would be easy to just stay home alone and drink wine, easy isn't best. I have goals, and the easy way out isn't going to help me reach them. I have many good reasons to remain sober: family, kids, marriage, friends, and my health. I can remain sober for myself. I can stay busy and active without a job. I can keep trying to better my situation. My goals of teaching my kids a different way to handle life, of finding a job I enjoy, and having an enjoyable relationship with my husband are more important than drinking.

B4:

I can't do this much longer.

D of B4:

Q1-N Q2 - N Q3 - N Q4 - N Q5 - N

I can do this for as long as I need to. I don't like doing it, but that doesn't mean it's not OK, or possible. I have resources, skills, and support I can use when I feel bothered by not working. I will rely on those people and things to help me get thru the tougher times. Also, it won't be long before I am back working. It's really only been 4 working days, that's not even a week! I have lots of people that are interested in hiring me it's just a matter of time.

<p>C1: Consequence – Feelings</p> <p>Bored, worthless, unwanted, unaccomplished</p> <p>C2: Consequence - Behaviors</p> <p>Drink a whole bottle of red wine.</p>	<p>E1: Expected Feelings</p> <p>Content, motivated, confident, worthy</p> <p>E2: Expected Behaviors</p> <p>I will do an online search for employment opportunities and apply to those I believe I would like. I will make some iced tea. When David comes home, I will talk to him about my negative emotions, and what I did to manage them.</p>
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Here are some additional thoughts this client listed. Answer the five Rational Questions, and write a rational debate to her thought.

“My husband shouldn’t have to support me.”

Q1: ____ Q2: ____ Q3: ____ Q4: ____ Q5: ____

Now, how might you rationally debate this thought? Write your debate below.

“Housewives are not valuable. I could be doing a lot more than housewives do.”

“I don’t like that he’s more important than me.”

Q1: ____ Q2: ____ Q3: ____ Q4: ____ Q5: ____

Now, how might you rationally debate this thought? Write your debate below.

“I should be able to support myself and family.”

Q1: ____ Q2: ____ Q3: ____ Q4: ____ Q5: ____

Now, how might you rationally debate this thought? Write your debate below.

“I am not accomplishing anything.”

Q1: ____ Q2: ____ Q3: ____ Q4: ____ Q5: ____

Now, how might you rationally debate this thought? Write your debate below.