The journey through addiction requires great perseverance and diligence! Participating in these group sessions will be extremely important in your recovery, and coming today is a great first step in the process! I hope you will use this worksheet effectively and spend time thinking about the questions and enjoying the exercises.

**What is suboxone and how does it work?** The primary component is buprenorphine, which is a partial agonist of the mu-opioid pain receptors. This means it can activate the receptor enough to prevent withdrawal and, at the same time, block the receptor enough as to not induce a high. Thus, suboxone greatly decreases withdrawal symptoms and allows one to recover from opioid addiction at a gradual pace.

**Why should I get off suboxone?** Unfortunately, suboxone itself can cause physical dependence, even when taken with a doctor’s recommendation. Thus, it is critical to adopt positive behavioral and lifestyle habits during treatment to prevent relapse and maintain an effective taper strategy. Implementing healthy coping strategies, good decision-making skills and effective stress management is an essential part of your recovery.

**What is the difference between suboxone and subutex?** The difference between the two medication is that suboxone contains a substance called “naloxone,” while subutex contains only buprenorphine. Regardless of what medication you are on, they both work through a similar mechanism and require the same diligence in tapering off effectively.

**Group topics for discussion:**

I. What strategies do you use for coping with life stressors and how can you improve your ability to effectively manage adversity?

II. What are some unhealthy behavioral coping strategies that you would like to avoid?

III. What are some conflicts you are experiencing with your current treatment?

IV. What are some high-risk situations that might trigger relapse?

V. Why is it important for you not to take shortcuts during treatment?

VI. What are your goals in recovery? Where do you see yourself in the next few years?

VII. What concerns do you have about being on suboxone and how do you cope with the inevitable stigma and shame of seeking help for
addiction?
VIII. Describe your support system. How has that support sustained you over your lifetime?
IX. What are some mistakes you have made in the past and how do you plan to repair them in the future?
X. How have your relationships with your friends and family changed over the years?
XI. Describe your process of recovery and how you envision the path to an opiate free life?
XII. What do you expect to gain from the session today?

The process of de-conditioning unhealthy behaviors that could be detrimental to your recovery requires effort and sustained involvement. Mindfulness is an important component of recovery and below are some important mindfulness techniques for you to try:

I. Spend 5 minutes each morning simply focusing on your breathing. It is normal for the mind to wander away from the breath, but when it does, gently bring the attention back to the breath itself.
II. Go outside (if it’s not too cold!). Find an organism in the environment and focus on watching it for 3 minutes. Visually explore the scenery before you and allow yourself to connect with nature.
III. Select a new piece of music you have never heard before. Close your eyes, put headphones on, and get lost in the intricacies of the music.
IV. Focus on three things in your day that usually go unnoticed or unappreciated. These could be things you see, smell, hear or feel. Write them down and think about them.

Cultivating insight into your feelings and emotions is a cornerstone of effective addiction therapy. Try to incorporate the following habits into your daily routine

I. Keep non-judgmental watch of your emotions! When you feel a particular emotion, label it!
II. Turn your anxiety into a movie. Make use of mental imagery in dealing with daily conflicts.
III. Eat healthy and exercise often. This will make you feel better overall and make recovery easier!

Remember there are people who are always willing to help you! Feel free to contact us at CMMC with any questions or concerns!