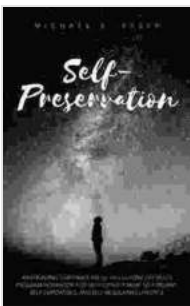


An Engaging Substance Abuse And DUI/DWI Life Skills Program Workbook For Individuals And Groups

Substance abuse and DUI/DWI are serious issues that can have a devastating impact on individuals, families, and communities. This comprehensive workbook provides individuals and groups with the tools and resources they need to address these issues and develop the life skills necessary for long-term recovery.



Self-Preservation: An Engaging Substance Abuse and DUI/DWI Life Skills Program/Workbook for Developing a More Self-Reliant, Self-Empowered, and Self-Regulating Lifestyle by Michael Esser

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2379 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 156 pages
Lending	: Enabled

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Workbook Overview

This workbook is divided into six modules, each of which focuses on a different aspect of substance abuse and DUI/DWI recovery. The modules are:

1. **Module 1: Understanding Addiction**
2. **Module 2: The Impact of Substance Abuse**
3. **Module 3: DUI/DWI and the Law**
4. **Module 4: Life Skills for Recovery**
5. **Module 5: Relapse Prevention**
6. **Module 6: Maintaining Recovery**

Each module contains a variety of activities, exercises, and worksheets designed to help individuals and groups explore the topics covered in the module. The workbook also includes a number of helpful resources, such as a glossary of terms, a list of support groups, and a directory of treatment providers.

Benefits of Using This Workbook

There are many benefits to using this workbook, including:

- It provides a comprehensive overview of substance abuse and DUI/DWI.
- It helps individuals and groups to understand the impact of substance abuse on their lives.
- It provides practical life skills for recovery, such as relapse prevention and maintaining recovery.
- It includes a number of helpful resources, such as a glossary of terms, a list of support groups, and a directory of treatment providers.

Who Can Benefit From This Workbook?

This workbook is designed for individuals and groups who are struggling with substance abuse and DUI/DWI. It is also a valuable resource for family members, friends, and other loved ones who are affected by substance abuse.

How to Use This Workbook

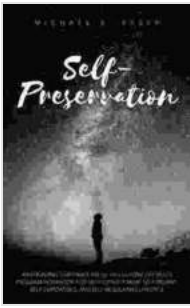
This workbook can be used in a variety of ways. Individuals can use it on their own or with the help of a therapist or counselor. Groups can use it as a curriculum for a substance abuse treatment program.

The workbook is self-paced, so individuals and groups can progress through the modules at their own speed. It is important to read the material carefully and to complete the activities and exercises in each module.

This workbook is a valuable resource for individuals and groups who are struggling with substance abuse and DUI/DWI. It provides a comprehensive overview of these issues and offers practical life skills for recovery. By using this workbook, individuals and groups can gain the knowledge and skills they need to overcome substance abuse and DUI/DWI and live healthy, fulfilling lives.

Additional Resources

- National Institute on Drug Abuse
- National Highway Traffic Safety Administration
- Mothers Against Drunk Driving



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