

WORKSHEET LB-1

CLAY AND HELEN

SITUATION

Clay was teased throughout his childhood about being small and looking weak. When he discovered weight lifting as a young man, it changed his life. Lifting brought him self respect and respect from others. Clay feels that he needs that respect. He continued to work out, even when he was doing a lot of drugs. And he continues to work out now, despite other pressures.

The pressure is being applied by his girlfriend Helen. They've been living together for three months. Clay used to live only a few blocks from the all-male gym he attends. Now that he's moved in with Helen, it's all the way across town, and it takes at least 45 minutes to get there. Clay works out for 90 minutes, so each trip to the gym takes three hours. Clay is proud of his discipline — he works out three evenings a week, and both Saturday and Sunday. That makes for a full schedule, combined with the two part-time jobs that keep him busy Monday through Thursday, from 8 am to 4 p.m., and his weekly session with his substance abuse group.

Clay thinks Helen should be proud of his discipline. But she doesn't understand. She plays softball with a neighborhood league and wants him to join. She's always suggesting that they do that, or go out, or meet some of her friends for a swim. She doesn't seem to understand how busy he is. Lately, she's been bugging him so much that he needs his workouts more than ever, just to vent the stress and anger he feels about the way she's been at him. It's the first time he's ever really cared about someone...and she's ruining it.



Clay and Helen (continued)

QUESTIONS

- 1.** Is Clay's lifestyle balanced? What makes you think it is or is not balanced?

- 2.** What results could come of an imbalance? What impact could that have on Clay's substance use goals?

- 3.** What changes could Clay make to develop a more balanced lifestyle?

WORKSHEET LB-2

LEONARD AND LISA

SITUATION

Leonard met Lisa at an AA meeting. Everything changed when he met her — for the first time, he feels like he really matters. The three months since they moved in together have been the happiest in his life. His moods have been more stable than they used to be, and he hasn't been experiencing the same kind of cravings he used to.

Both Leonard and Lisa have jobs, but other than that they do everything together. They have their meetings, and they both enjoy watching the same shows. Leonard highlights the movies they'll watch together in the TV guide.

Leonard knows that Lisa understands his problems. So when his old buddies call and ask if he wants to join them for a card game, or some pool, or a workout, he always finds excuses. He wishes they wouldn't call any more. They should know that he's happier now, and that he'd rather spend his time with Lisa.

Leonard thinks Lisa feels the same way. A few times, her girlfriends have asked her to go places with them. When she's mentioned it to Len, he's showed her the movies he'd planned for them to watch together...and each time, she's said "Oh, OK — I'll tell them some other time." The last time it happened, she went and took a bath afterward. When Len tried to open the bathroom door to remind her that a movie was about to start, he found it was locked. "Just leave me alone for a few minutes, OK?" said Lisa. Leonard was pretty pissed off at her. He feels that if she really loved him, she'd want to be with him all the time.



Leonard and Lisa (continued)

QUESTIONS

- 1.** Is Leonard's lifestyle balanced? What makes you think it is or is not balanced?

- 2.** What results could come of an imbalance? What impact could that have on Leonard's substance use goals?

- 3.** What changes could Leonard make to develop a more balanced lifestyle?

HANDOUT LB-3

LIFESTYLE BALANCE GUIDELINES

- Keep a log of all of your activities for a period of time. Then assess it to see how balanced it is.

- Remember to listen — to yourself and to others:
 - If you're unhappy or bored — think about what's causing it.
 - When others complain about you being unavailable — don't make excuses or get angry — listen to see if the other person is right.
 - Find ways to combine different aspects of your life.

- Take note of the times you are happiest:
 - What are you doing when you're happiest?
 - Who are you doing it with?
 - Where are you?
 - Are there ways you can work more of the activity, people or place into your regular routine, while still carrying out your responsibilities and obligations?

- Revisit this process often.

