

WAYS TO CHANGE PEOPLE, PLACES, AND THINGS

(USE WITH Supplemental RP Session: Creating a Drug-Free Social Network; How to Meet People Who Don't Use Drugs)

1. Do things that support staying clean from drugs:
 - Go to AA/NA meetings
 - Go to other group treatment sessions
 - Go to a church group/meeting

 2. Use social skills to meet new people

 3. Do activities with someone that don't involve using drugs:
 - Go out for a meal
 - Go to a movie
 - Go for a walk

 4. Visit someone who doesn't use drugs
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