

QUESTIONS FOR PROBLEM-SOLVING COURT PARTICIPANTS

A. General

Tell me about a time when you felt happy this week.

What impact has this court had on your life.

Who inspires you? Why?

If you had a theme song, what would it be?

Tell me about the top three benefits you have gotten from your sobriety.

How do you envision your life five years from now?

How have your priorities and values changed as a result of your sobriety?

What was the best thing that happened to you since I last saw you?

What challenges did you face this week and how did you handle them?

B. Personal Growth

How is your reaction to that situation (issue being discussed) different from how you would have reacted a year ago (praise them for growth)?

What is something you're doing now you never thought you would or could do?

Name one thing you're overcoming and one thing you're grateful for?

What do people who know you say about your progress?

Do you handle negative situations differently since entering the program? If so, how?

How did you hide your substance use from others in the past?

How are you at forgiving others? How about yourself? Can you give an example?

C. Support

How can we help you? What are your top worries or concerns today?

What did you learn in treatment or at a meeting recently that has been helpful to you?

If you have a sponsor, how do you use that person?

If you are working a 12-step program, what step has been the most difficult for you and why?

What is your plan to allow for reflection every day?

D. Relapse Prevention

What three small things have you done to take care of yourself and protect your recovery?
(Praise)

Describe your relapse prevention plan to me.

What do you value most in a friendship. Has that changed during your recovery?

Tell me about the tools you use to cope with the desire to use/drink.

What is the biggest obstacle to maintaining sobriety, and how do you deal with it?

What are your three biggest expectations related to recovery?

How do you respond to people who offer you alcohol or drugs?

Who will you use for support after you complete this program? What are you doing now to prepare for that time?

What types of things can you do to maintain sobriety?

What reconnections or new activities have you built into your life?

What are some community supports you can access?

What motivates you to maintain your sobriety?

E. Miscellaneous

Describe what courage means to you.

Describe what honesty means to you.

What does responsibility mean to you?

What past hobbies or activities are you looking forward to getting re-involved in?

What did you do to help someone this week?

What are some short-term or long-term goals and how are they meaningful in recovery?

How do you spend time differently since being in recovery?

What is your biggest accomplishment so far since being sober/in the _____ court program?

How do you have fun differently since being sober?

What are some recent successes?

What are some grounding techniques you can use?

How has your sobriety affected others?

Why is assertive communication important?

What is your strategy to avoid drinking/using over the holidays?

What do you enjoy most/least about your daily routine?

What has surprised you about the _____ court program?

Name one sober community activity you can do with family or friends this week.

How are you managing time differently since being in the _____ court program?

What do you understand today about your life that you didn't understand a year ago?

What MRT (or other CBT) step are you working on (or did you present on)?

Who is important in your recovery network?

What is one short term goal you have set for yourself? What progress have you made toward that goal?

How are you more trustworthy now?

How is scheduling important in your recovery?

What are 5 things you're grateful for? How do you show gratitude?

What have you learned in this Phase that you are going to use in the next one?

Describe what makes a relationship compatible with recovery.

What makes a relationship dangerous to recovery?

If you had a warning label, what would it say?

Tell me about the top 3 benefits you have gotten from your sobriety.

If there was a book about your life, what would its title be?

Describe how you rationalized things during your active addiction.

What are your 2 greatest fears related to your substance use disorder (addiction)?

Have you ever substituted one addiction for another?

What are the places connected to your active addiction that you have to part ways with for the sake of your recovery?

Tell me about a time a family member or friend enabled you in your substance use disorder (addiction).

Describe a time when you expressed inappropriate anger toward another. Looking back, how would you handle that situation now?

What amends do/did you have the most difficulty making? What do/did you need to do to make them?