Many people who use drugs and alcohol are concerned that when they stop using they won't have any fun or relaxation in their lives. Boredom is often described as a trigger to use substances. In order to stay drug and alcohol free, try replacing drug use with hobbies, interests and activities that provide you with some of the positive benefits of using drugs or alcohol, such as excitement, risk taking, or fitting in with others.

1. Describe what you usually do to relax and have fun:

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

2. What would you like to get out of your involvement in leisure activities? For example, is it to be physically active, to try new challenging activities, to make new friends, to spend time with family. Make a list of your personal "Leisure Goals":

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

3. Make a list of at least 3 things you plan to do in your spare time without using substances.

1) Something you used to do, and that you would still enjoy doing:

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

2) Something you really like doing:

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

3) Something you always wanted to do and never got around to trying:

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

4. What do you need in order to follow through with your leisure goals? (For example: money, time, energy):

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

5. Look around your own community. What is available for you to do that is inexpensive or free? For example, there might be volleyball at a local school or swimming at a community centre. Check your local papers!

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