Self-Help Recovery Homework Suggestions

The following homework suggestions include both cognitive and behavioral assignments. If you are in a group, it can be especially effective if all members are active in creating homework assignments. The following are some possibilities:

1. Read a chapter in *When AA Doesn't Work for You* or in one of the other REBT books.
2. Fill in two self-help worksheets this week; use any form that you like and bring them to a meeting
3. Work on never self-downing this week.
4. Work toward total rational self-acceptance this week.
5. Talk to your spouse un-angrily about the problem.
6. Call two people for a date.
7. Do something nice for your spouse.
8. Practice being more assertive.
9. Do two things each day that you do not feel like doing – two things that need to be done but, because of LFT, you would usually put off.
10. Work on remaining more relaxed. Keep a record of the things you did to relax: meditation, listening to relaxation tape, self-hypnosis, jogging, swimming, etc.
11. Make a list of other things you could do when you get angry besides drinking.
12. Make a list of other things you could do besides drinking when you want to celebrate or reward yourself.
13. Go to a party with a friend and practice not drinking.
14. Write out your goals and create an action plan.
15. Keep a record of all of your expenses each day.
16. Apologize to your sister – and work to change your behavior.

17. Practice downing your behavior and not yourself.
18. Help yourself to stop being angry because you "never get what you want." Make an agreement with your spouse: On Saturday, he or she will plan the day and you will do whatever he or she wants; on Sunday, you will plan the day, doing whatever you want, and he or she will agree to accept your plans. Take responsibility for doing what you want, not what you think the other person wants.
19. Make a list of five ways you could make your life more enjoyable.
20. If you have to stay in a job that you don't like, make a list of five ways you could make your job more enjoyable.
21. Practice accentuating the positive: Tell your child some things that he or she did that you appreciate.
22. Set aside from 5:00 p.m. to 6:00 p.m. to worry about the problem. During that hour, do nothing except worry about it. At all other times, stop yourself.
23. Do something to lift your spirits other than drinking or drugging – e.g., climb a mountain!