

written by
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Women In Recovery

Reflective Journal
for



Lipstick & Liquor

SECRETS IN THE SUBURBS

Directed, Written, and Produced by
Lori Butterfield



Getting the most from this Journal

Lipstick & Liquor follows the journey of five women's struggles with alcohol and drug addiction. This Reflective Journal is written for women who are working on problems with alcohol and/or drugs and are either in recovery or are considering going into recovery.

To use this journal start by watching the film, *Lipstick & Liquor*. The entire film is just over one hour long and will likely spawn discussion immediately following; a two hour segment should be allowed for the initial screening.

The Reflective Journal will guide women through their personal reflection on the film and their specific situation. The journal can be used by both individuals and groups. While it will be most helpful to use the journal with a therapist, in a community group setting or in an inpatient or outpatient group setting, it is also for use independently. The journal can be completed all at once or it could be used as a workbook over several sessions.

A group therapist or group leader may give the women time to write responses for one or more items. It is important to clarify that the women will be allowed to decide if they will share their answers and if they share them, only what they are comfortable sharing. Then the therapist can facilitate discussion and sharing answers.

Through this exploration women can look at how their drinking and/or drug use are affecting their lives, their families, and other people they come in contact with. It will help the women identify their personal problem areas, and ask for help. This journal can spark discussion about where treatment and support are available and help women set goals to make positive changes in their lives.

Women in Recovery

Lipstick & Liquor Reflective Journal

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"I didn't talk about it. I was afraid to mention that those thoughts were entering my mind. Instead of picking up the phone and calling someone or going to a meeting and asking for help, I started the spiral of using drugs again."

— Mary

Reflective Journal

Write your reactions after viewing Lipstick & Liquor.

Which story or stories did you identify most with?

Julie's Story Emily's Story Hayley's Story Jodie's Story Mary's Story

What about their stories sounded familiar?

What did you learn about yourself in watching this film?

How does/did alcoholism effect your family?

How does/did alcoholism effect your mental health?

How does/did alcoholism effect your physical health?

How does/did alcoholism effect your parenting skills?

How does/did alcoholism effect your work?

How does/did alcoholism effect your self-esteem?

How does/did alcoholism effect your emotions?

What was your turning point that led you into recovery?
or What is it going to take to start your recovery?

What life experiences contributed to your alcohol use?

How did/do you use alcohol to deal with problems?

How did your behavior change when you drank?

How did your self-perception or self-esteem contribute to your alcohol use?

How do you deal with your emotions?

Are you experiencing any shame (feeling you are a bad person) related to your drinking?

Are you experiencing any guilt (feeling you did a bad thing) related to your drinking?

How does/did denial play a part in your alcohol problem?

What are/were your triggers to drink or use?

What can you do when you have cravings?

When I have cravings I will call:

Who are the supportive people in your life?

How do those supportive people help in your recovery?

Give examples of the words you would say to a person to ask for help.

Who are the people you can ask for help from?

What relapse prevention plans do you have in place?

What situations do you need to develop relapse prevention plans for?

Who can help you develop relapse prevention plans?

What resources are there in your community to aid in your recovery?

—support groups

—outpatient substance abuse therapy

—detox

—inpatient substance abuse treatment

How do you take care of yourself:

–Physically?

–Emotionally?

–Spiritually?

–In relationships?

Name 10 things you are you grateful for.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

What is one thing you can do for yourself today to improve your recovery?

What are the changes you need to make to be more successful in your recovery?

How do people in your community view and treat alcoholics?

What needs to change in your community to improve the understanding of alcoholism as a disease?

