

## IOP Curriculum/Rotating 12-Week Schedule

WEEK	MONDAY	WEDNESDAY	FRIDAY
<b>1</b>	Self-Efficacy	Transtheoretical Model of Change (Part 1)	Transtheoretical Model of Change (Part 2)
<b>2</b>	Self-Esteem and Self-Worth	Locus of Control	Resilience
<b>3</b>	Coping with Stress	Understanding Cravings and Urges (Part 1)	Understanding Cravings and Urges (Part 2)
<b>4</b>	Learning to Ask Instead of Demanding	Setting and Pursuing Goals in Recovery	Understanding Spirituality
<b>5</b>	Handling Crisis	Coping Skills for Emotions and Behaviors (Part 1)	Coping Skills for Emotions and Behaviors (Part 2)
<b>6</b>	Family: Positive Communication	Smart Goal Setting	A Working Recovery Plan
<b>7</b>	Family: Healthy Boundaries	Self-Management of Thoughts, Feelings, and Behaviors (Part 1)	Self-Management of Thoughts, Feelings, and Behaviors (Part 2)
<b>8</b>	Family: Stable Relationships, Safety, and Support	Building Motivation	Change Plan: Cost/Benefit Analysis
<b>9</b>	Taking Daily Inventory	A Brief Overview of Cognitive-Behavioral Therapy	Alternatives to Addictive Behavior
<b>10</b>	Why Do I Matter and Who Cares?	What Price Am I Willing to Pay?	Relating Self-Care Deficits to My Addiction
<b>11</b>	Understanding My Defense Mechanisms	Getting Out of Myself	My Anxiety Profile
<b>12</b>	Identifying and Using Community Resources	Regain Your Health	Planning Aftercare