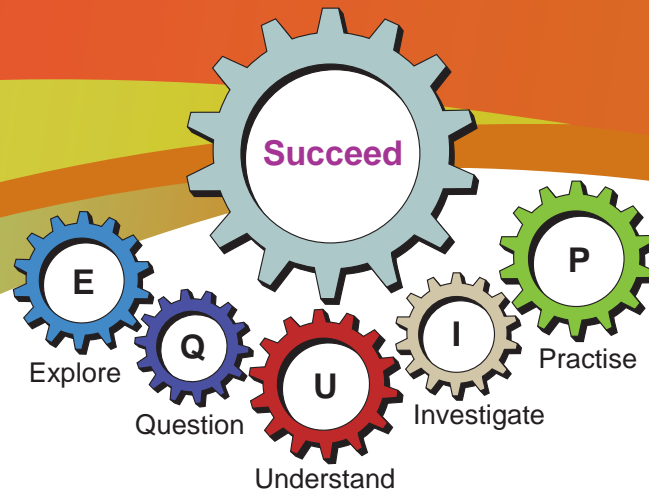


# EQUIPS Addiction

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**EQUIPS Addiction targets and develops skills that will help participants address addictive behaviour by providing them with an individualised plan for recovery.**



## 1 Understanding Change

Module 1 looks at change and how being aware of your motivation to change is an important part of stopping addictive behaviours.

It also deals with the process of change and covers how your thoughts and beliefs about addiction can either help you to change or prevent you from changing.



## 2 Urges and Cravings

Module 2 discusses how to cope with urges and cravings that people have when they are addicted and how to cope with urges and cravings after they have stopped their addictive behaviour.

It looks at how the way people think and the things they believe influence the choices they make. It will also look at ways to manage withdrawal symptoms and make choices that do not include addictive behaviours.



## 3 Problem Solving

Module 3 looks at ways people can solve problems.

It highlights that sometimes the first solution to a problem is not always the best solution and shows how learning new ways of solving problems can help to stop addictive behaviours.

It also looks at how other people can influence how we think and how we behave in both helpful and unhelpful ways.



## 4 Better Living

Module 4 explores better living options and examines the differences in lifestyle between people with an addiction and people who have stopped their addictive behaviour.

It shows different ways to fill your time and what life without addiction would look like. It helps you to identify goals and maintain a healthy lifestyle.



## 5 Self management planning

Module 5 focuses on how to manage behaviour without lapsing or relapsing.

It involves mapping the impact of addictive behaviours on yourself and others and developing a plan for a life that is free from addiction and associated crime.