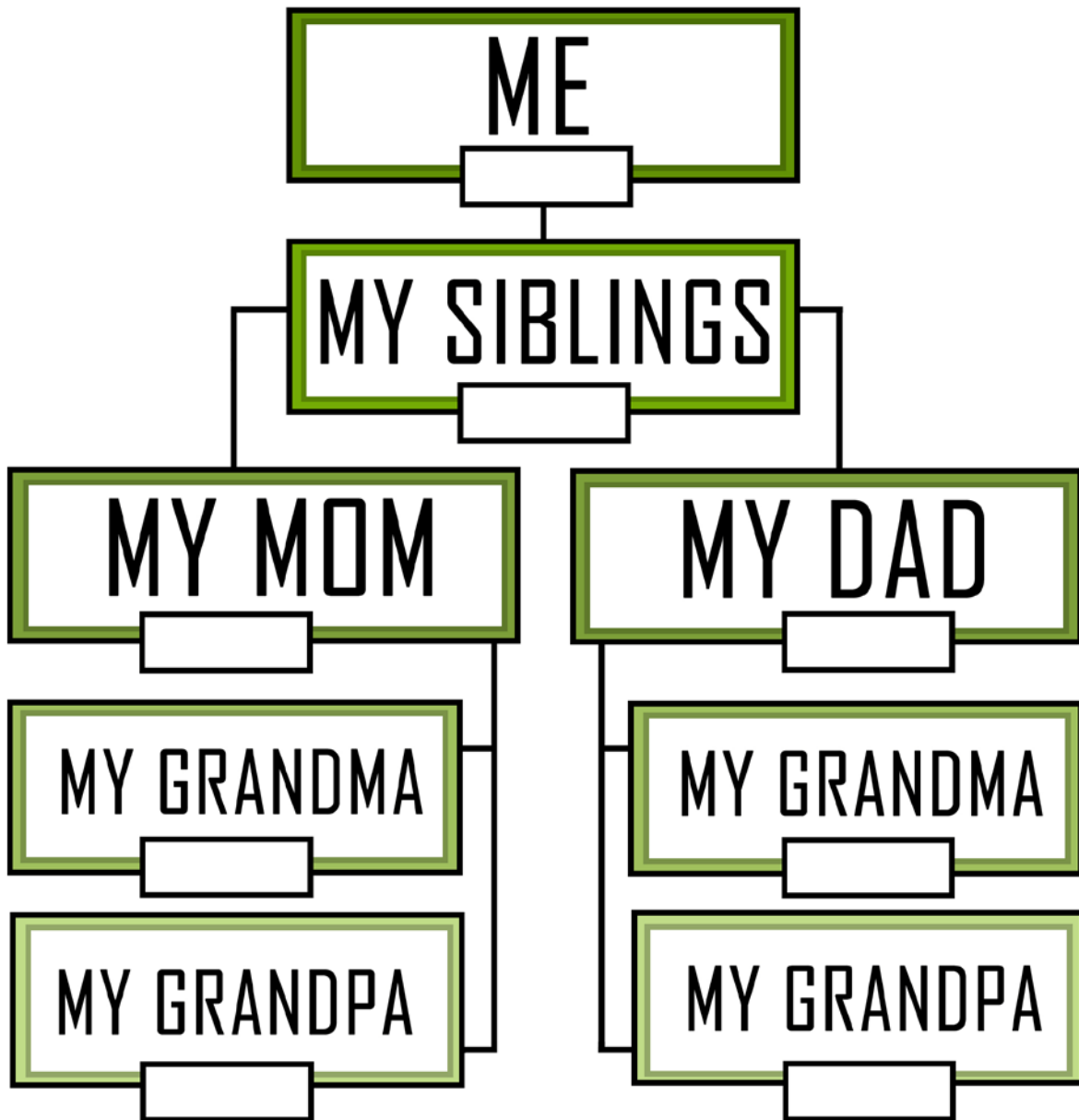


Write "yes" next to any of these people that you think have drinking or drug use problems. Please refer to birth parents, not adoptive parents if you were adopted. If you don't know, put a question mark.



PERSONAL PMCS CHECKLIST		
<b>A</b>	<b>Food and Drink</b>	
1.	The U.S. Department of Agriculture suggests that half of your grains should be whole grains, that you vary your veggies, focus on fruits, get calcium-rich foods, and eat lean protein. How close are you to meeting these suggestions every day?	
2.	The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day. How close are you to this recommendation?	
3.	How much fluid do you drink every day, on average?	
<b>B</b>	<b>Recreation</b>	
1.	Our bodies need enough recreation to relieve stress and stimulate endorphins to feel happy and balanced. What are you doing for recreation?	
<b>C</b>	<b>Exercise</b>	
1.	How close are you coming to these goals? Adults need at least: <ul style="list-style-type: none"> <li>• 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week</li> <li>• Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).</li> </ul>	
<b>D</b>	<b>What are you doing to stimulate your brain?</b>	
	Reading, taking classes, or learning new skills through any means keeps our brain stimulated.	
<b>E</b>	<b>Are your alcohol and drug choices protecting your amazing machine?</b>	
1.	For drugs, low-risk means zero for illegal substances and always following the prescription for medications. How closely are you following those guidelines?	
2.	For alcohol, it is 0, or if we drink, 1 in any hour, 2 if daily, For alcohol, low-risk means no more than 1 an hour, 2 daily, 3 at most on any single day, and 0 for those who are minors, pregnant, or in recovery. How closely are you following the 0-1-2-3 guidelines?	

## People Who Influence Me

This is an opportunity to think about people that have influenced you in a significant way. Please start with the people who influenced you **before age 18**. Notice there are categories that people might fall into, as well as an "other" category in case someone does not quite fit those groupings. Put **only the initials** of people who've influence you in terms of how you thought, felt or behaved. Go ahead and do that now. If there is no one in a category leave it blank. You may well have more than one set of initials on a line. If you have two people with the same initials, alter one of them in a way that will make sense to you (e.g., KR and KR2).

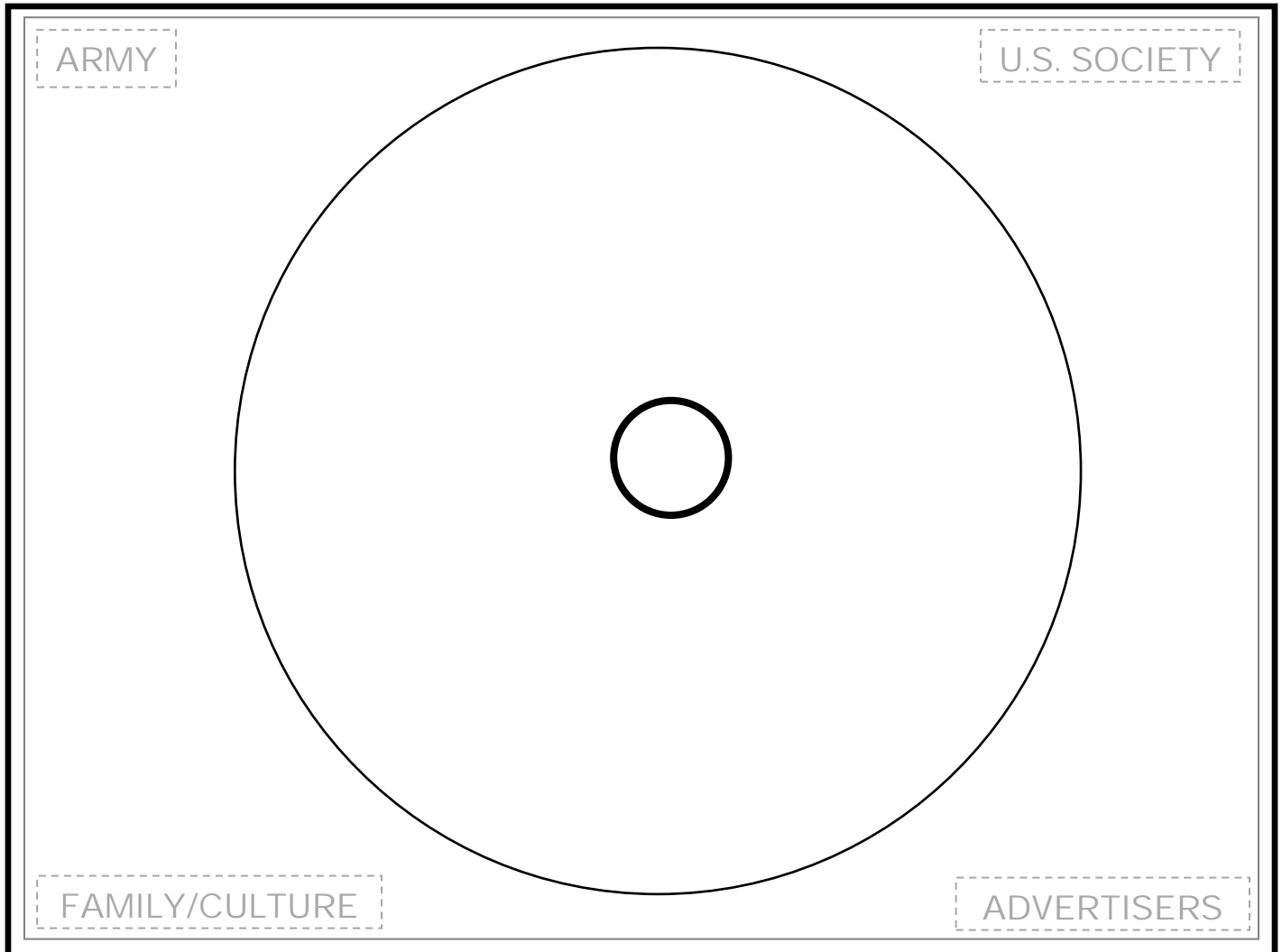
Caregivers or parents: \_\_\_\_\_ Other adults: \_\_\_\_\_  
Siblings: \_\_\_\_\_ Friends: \_\_\_\_\_  
Other family members: \_\_\_\_\_ Teammates: \_\_\_\_\_  
Coaches: \_\_\_\_\_ Partners: \_\_\_\_\_  
Religious leaders: \_\_\_\_\_ Other: \_\_\_\_\_  
Teachers: \_\_\_\_\_

There are **additional people** who sometime become important **after age 18**. There are some new categories, as well as some repeated ones. Please add their initials if they're someone who influences you in terms of how you think, feel or behave. Only add new people. You don't have to repeat initials from the prior list.

Partners or spouses: \_\_\_\_\_ Combat buddies: \_\_\_\_\_  
My children: \_\_\_\_\_ Friends: \_\_\_\_\_  
Professors: \_\_\_\_\_ Religious Leaders: \_\_\_\_\_  
Bosses: \_\_\_\_\_ Coaches: \_\_\_\_\_  
Commanders: \_\_\_\_\_ Other: \_\_\_\_\_  
Fellow soldiers: \_\_\_\_\_

Now, look at your lists and choose the seven or so people who are the most influential in your life presently. Circle those initials.

### My Social Connections – Influences



Step One:

On this page, there are three circles:

- The smallest circle represents you, so write your name there.
- The next circle represents people who influence you directly and on a regular basis. These would be people who you tend to see or interact with regularly, though that doesn't have to be the case.
- The four groups outside (US Society, Army, Family/Subculture, & Advertisers).

Add the initials of the people who are the most influential in your life presently and place them at the level that seems right to you – directly or less directly. Spread them around a little so you have some room to write and place a circle around each set of initials.

## Reflection Questions

Looking at the previous page, what are some of the themes of things you value in your relationships?

What did you observe about how your drinking and drug choices support (or not) those things?

In what ways might you live more consistent with those values?

Thinking about alcohol and drug choices, what else might you do to build connections that aren't based on high risk choices?

How ready are you to do that?

**Not at all Ready**

**Extremely Ready**

1   2   3   4   5   6   7   8   9   10

What led you to choose this number and not a number that was a few spots lower (e.g., Why a "7" instead of a "4")?

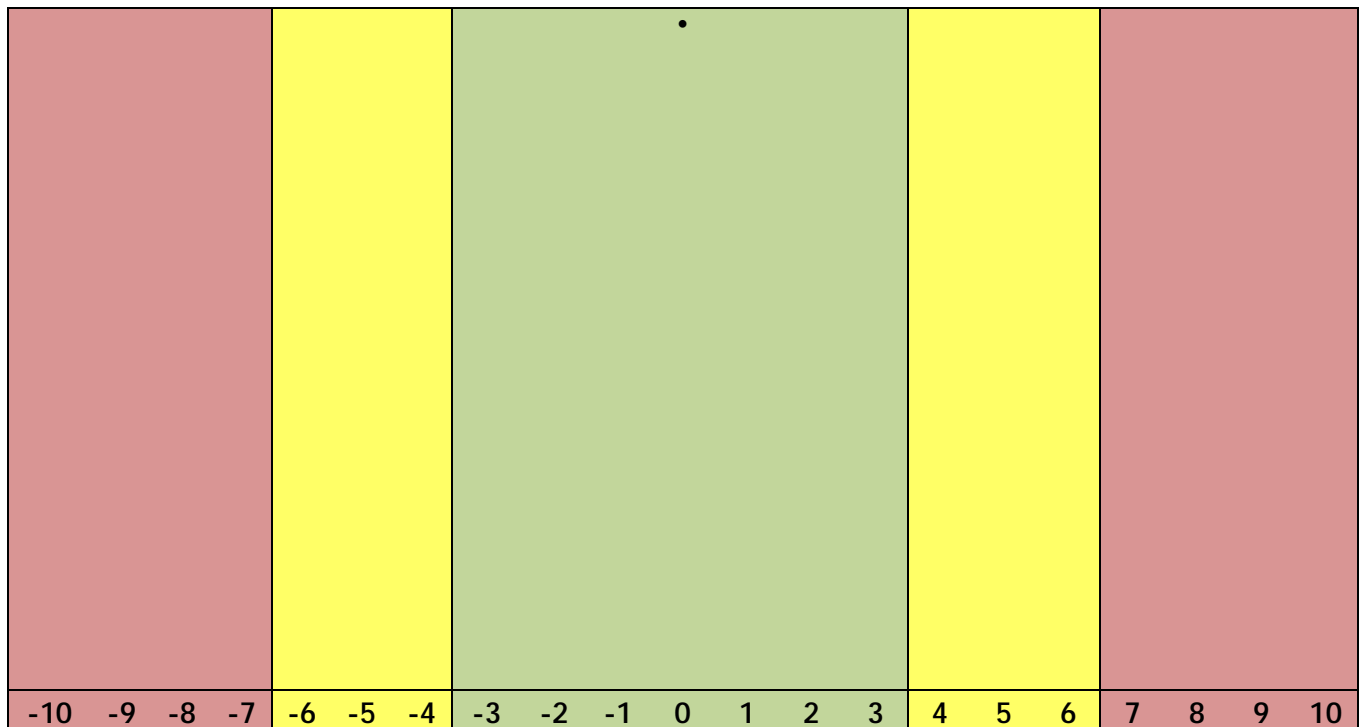
What would be the first step in moving you up one spot (e.g., from a 7 to a 8)?

What do you intend to do about that next step?

### Assessing the Pendulum

Thinking about how your alcohol use may fit into this picture, please indicate on the scale below the number of drinks you have on a typical occasion when you drink. If you don't drink, indicate zero. If you have more than 10 drinks, indicate 10. Mark this spot on the line with a X.

Now, on the same line, indicate the most drinks you've had in the past 90 days. It might be 0, or it could be 10 or more. Mark this spot with a dot.



Now, draw a straight line from the black circle above the zero down to where you marked the X. Then draw a dotted line to where you put your circle.

Because we know this is a pendulum, we need to add the other side of this drawing. On your chart, mark an X on the negative number of the first X. So, if you chose 3 for your first X, mark an X on -3. Now, do the same thing for the most drinks you had on any occasion in the past 90 days. So, if your first Dot was on 7, put a second dot on -7.

As you may have guessed, the green areas on this diagram reflect the usual range of brain functioning for stress and pleasure. In the green range, you experience pleasure easily, and do not experience extra stress as a result. The yellow ranges indicate that you are working harder to find pleasure and you're also experiencing more stress as a result. The red range indicates that you're pushing your brain very hard to find pleasure, and likely experiencing significant swings in the stress direction as a result.

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### Reflection Questions

As you look at your drawing, what do you notice about how your typical alcohol use is affecting your ability to achieve pleasure and the amount of stress you feel?

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What about for when you drink the most?

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You may wonder how drug use fits into this. Because there is no low-risk amount, any drug use moves us into the yellow range. Depending on the drug, how often, and how intensely we use it, we may even be in the red range.

Given what you observe on your drawing, what steps could you take to help you keep your pendulum in balance?

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## Key Qualities of a Good Team and Successful Teamwork:

Think of a time recently where you had a successful mission as a team. Write a word or phrase to remind you of that mission, without compromising mission security:

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While individual performances may have stood out – just as they do in a car race or a football game – the team is always an essential element in that happening. For example, Aaron Rodgers does not become Super Bowl MVP without his offensive line containing the pass rush, the receivers catching the balls and the defense stopping the opponent.

What qualities did your team display for this success to happen? Write down your top three.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

What makes you think these were so critical to your team's success?

Every successful mission requires good leadership. Who provided that leadership in your example? It may have been more than one person. Initials only:

What did they do that made them effective?

What was your contribution to that mission, which helped it to be successful?



## Am I Mission-ready?

Mission-readiness is dependent upon each team member being RWA – Ready, Willing, and Able – to perform every assigned mission. This is an opportunity for you to reflect on your skills as a teammate, role on the team and the degree to which you show up each day RWA. Consider the ways in which you are mission-ready and are a good teammate.

- Why do you think these were so critical to your team's success?
- Every successful mission requires good leadership. Who provided that leadership for your team? It may have been more than one person.

*On any given day, how mission-ready am I?*

Not at all Ready					Extremely Ready				
1	2	3	4	5	6	7	8	9	10

- What led you to choose this number? Why didn't you choose a number that was a few spots lower (e.g., Why a "4" instead of a "2")?
- What is the effect on my team if I am not mission-ready? What's the effect on me?
- In what ways are my off-duty choices supporting or not supporting this readiness?
- How do my alcohol or drug choices either support or fail to support my mission-readiness?
- Is there anything I'd like to change about my choices? If so, what might I do?

## Self Assessment: My Choices

*This worksheet is for you and you alone. We will not ask you to share it with anyone else nor should you ask to see someone else's. Take a few minutes to reflect on your choices and jot down a few notes for each question.*

To what degree am I following the low-risk (0-1-2-3) guidelines?

What do my troops know about my choices? How do they or would they find out?

What messages am I sending to the troops through my choices?

What am I doing to encourage low-risk alcohol and drug choices?

What am I doing to encourage alternatives to high risk drinking for recreation, relaxation and socializing?

## My Messages to the Unit

Three things that may help your message to your Unit be more influential:

- Give specific expectations about drug and alcohol use
- Provide clear reference to the low-risk guidelines.
- Make your message positive. Low-risk choices not only avoid problems they help us achieve our very best—both personally and as a unit.

Infractions are an opportunity to reinforce expectations. In general, we recommend:

- Targeting what you want, not what you don't want. For units, we suggest:
  - Not naming soldiers
  - Avoiding a focus on the nature of the high risk choices – instead label the incident as a high risk choice
- Noting there will be appropriate consequences
- Zeroing in on three elements in an effective message
- Be brief!

Three questions to ask a Soldier who has had a problem:

- What kind of Soldier do you want to be?
- How does this incident fit with that goal?
- What's your next step in becoming that Soldier?

You can find examples of all of these messages on the Strong Choices web site.

<http://www.strongchoices.windwalker-service.com>

## Leadership Plan

What is my next step in addressing alcohol and drug use with my troops?

What specifically will I need to do to make that happen?

What resources do I need to make that happen?

When will it happen?

What might get in the way?

How will I address that?

Where will I put these sheets so I have them available?

Who will I talk to about this plan? When will that happen?