



Counting the Cost of THC (*This has nothing to do with marijuana*)

Almost everything comes with a cost. There is some type of sacrifice needed for the vast majority of choices that we may make, both good and bad.

For example, consider some choices people make that are most often viewed as positive that carry a cost.

- Although starting a family can be extremely rewarding when you have the resources, there are still sacrifices that must be made including time, money as well as possibly giving up on some other life goals that are easier for single people with no kids
- Having a career can be rewarding but nowadays there is a sacrifice of time, effort, education, focus, and other life pursuits in order to advance in a career.

The same is true when it comes to substance use; there is also a cost to consider. If you are in a treatment program of some kind right now, it is extremely likely that you have already witnessed some of the potential and actual cost of substance use. This is especially true if some kind of negative outcome related to substance use lead you to being in this substance use program (Such as a legal, family or work problem related to substance use, for example)

In spite of whatever your personal situation is that brought you into treatment, everyone has a choice when it comes to how you choose to navigate a treatment program. There are many variables in one's attitude that can affect the outcome in substance use treatment. Below we will consider three important personality factors that truly guide the path through treatment.

The initials for these three factors is THC. In this case, these letters have nothing necessarily to do with cannabis however the initials THC are just easy to remember in a substance use program.

T	Tricky Characterized by deceitful tricks or dodges. Deceptive, uncertain or difficult to deal with or handle	Transparent Easy to understand and recognize. Having thoughts, feelings and motives that are easily perceived
H	Headstrong Determined to have one's own way. Willful, stubborn, obstinate, unyielding. Resistant to guidance, advice or suggestions	Humble Modest, without an excess of pride. Unpretentious. Not arrogant. Teachable. Open to learning and accepting instruction
C	Closed Forming a barrier to prevent others from knowing the real you. Resisting participation with others. Restrictive. Secretive	Candid Open and frank. Truthful and straightforward. Unreserved. Displaying honest and sincere expression. Outspoken

Discussion:

Rule #1 – This is not about judgment! – There is no benefit to anyone in this group pointing fingers at one another and making accusations about personality traits. Instead focus on self-assessment and introspection when you discuss the following:



T

A person may choose to be **tricky** and use clever deception to get through a program (Faking urine tests, using substances on the sneak, etc.). Particularly when it comes to substance use, what may be the long term cost of choosing that course of action?

Even though it may be harder to do, what can a person gain from being **transparent** about their motives and actions? How can this help you learn more about yourself and gain some valuable insight?

H

What is the downside of being **headstrong** and insisting on having it your way? How can that end up holding you back from growing as a person?

What can you gain by striving to be **humble**? What is the benefit to being teachable and open minded to learning and considering the suggestions of others?

C

Some people choose to be **closed** because of fear of what will happen if people get to know their true selves. What are some of the things closed people may be missing out on?

What is the long term upside of having the courage to be open and **candid** about who you really are?

