

## Substance use diary: Use the table to monitor how much you are using

	What did I use?	How much?	Situation (who with/where) Incident/Trigger?	Feelings/Thoughts?	Consequences/What did I do?
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					

**Looking at the chart above, what changes might be helpful?**

**Some ideas might include:**

- Trying to reduce the amount you use.
- Use in places which will help me to keep in control

- Considering how I feel before I start to use and how I might feel afterwards
- Think about the situation/environment maybe it's best not to use