

Understanding My Substance Use

A gentle space to notice your current patterns without judgement.

What substance(s) am I using?

How often do I use them?

When am I most likely to use?

Where am I usually when I use?

Who am I usually with?

What does using give me in the moment?

Relief, confidence, numbness, energy, sleep, connection or escape?

What are some of the less helpful effects?

Think about health, emotions, relationships, money, work, sleep or daily life.

One thing I have noticed about my substance use is...
