

My Substance Use Tracking Sheet

UNDERSTANDING THE PATTERN

Tracking is not about punishment. It can reveal patterns between situations, feelings, needs, urges and substance use.

Record the facts

Date, time, substance, amount, setting and whether other substances or medicines were involved.

Notice the build-up

What happened beforehand? Include thoughts, emotions, body sensations, people, places and practical pressures.

Understand the function

Did use bring relief, energy, numbness, belonging, sleep, confidence or escape? The function points toward alternatives.

Review safely

Look for patterns with a practitioner. Do not suddenly stop a substance when withdrawal may be medically risky.

Notice your own pattern

Date / time / substance / amount:

Situation and trigger:

Urge before (0-10):

What happened afterwards:

Need or support identified:

How to use this page

Read it once without pressure. Complete only the prompt that feels most useful today. Look for a link between the situation, what your mind or body expected, what you did next and what support could make a different response possible.

My next supported step

Use this resource at your own pace. Seek qualified or medical support where withdrawal, physical symptoms, significant risk or severe restriction of daily life may be present.