

My Addiction Pattern Tracker

UNDERSTANDING THE PATTERN

A pattern tracker helps connect what happened before use, what the substance promised and what happened afterwards.

Before

Record place, people, events, emotions, physical state, money, access and the thought that gave permission.

During

Note substance, amount, route, other substances, intention and whether the plan changed.

After

Record immediate effects, sleep, mood, health, relationships, responsibilities and any risk or regret.

Next time

Choose one change: contact someone, delay, leave a setting, carry less money, attend support or follow a clinical plan.

Notice your own pattern

Situation / trigger:

Permission-giving thought:

Use and immediate effect:

Later consequence:

Protective action for next time:

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.