

My Weekly Use Tracker

UNDERSTANDING THE PATTERN

A weekly view can reveal patterns that one difficult day hides. Record honestly and review with curiosity.

What to record

Day, time, substance or behaviour, amount, context, urge, mood and immediate consequence.

Include days without use

These can show what was different: support, structure, sleep, environment, purpose or reduced access.

Look for patterns

Notice clusters around particular people, times, emotions, pain, money, loneliness or sensory overload.

Turn insight into support

Choose one realistic experiment and share concerns with a GP or specialist service when needed.

Notice your own pattern

Monday / pattern:

Midweek / pattern:

Weekend / pattern:

Strongest trigger:

One change for next week:

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
