

Before, During & After I Use

Looking at the whole sequence can reveal patterns and possible points of change.

BEFORE - What was happening?

BEFORE - What was I thinking and feeling?

DURING - What and how much did I use?

DURING - What did I notice changing?

AFTER - How did I feel immediately afterwards?

AFTER - How did I feel later or the next day?

What did using help with in the short term?

What did it make harder in the longer term?