

Substance Misuse Workbook

*Supporting you to understand patterns,
reduce harm and explore change*

Name: _____

Support person / practitioner: _____

Space to Breathe • Support Hub

Using This Workbook

This workbook is designed to help you notice your relationship with alcohol or other substances without shame or judgement. You can use it independently or alongside a therapist, keyworker, GP or specialist substance-use service.

You do not have to complete it in order. Start with the page that feels most useful. You may want to repeat some worksheets because patterns can change over time.

The aim is not to tell you what you must do. Change can include becoming more aware, reducing harm, cutting down, pausing, stopping or seeking professional support.

Important safety note

If you may be physically dependent on alcohol or another substance, do not assume that suddenly stopping is safe. Withdrawal from some substances can require medical assessment and treatment.

If someone is unconscious, having a seizure, severely confused or having difficulty breathing, seek emergency medical help.

A Gentle Approach

Try to approach each answer with curiosity rather than criticism. You might ask: What was happening? What did I need? What did the substance give me in that moment? What became harder afterwards? What might help next time?

You do not need perfect answers. Even noticing one small pattern can be useful. If a question feels too much today, leave it and return when you feel ready.

Remember: information is more useful than self-criticism. This workbook is here to help you understand yourself, not judge yourself.

Substance Use Diary

Use one row for each occasion. Keep it factual and brief, or add more detail if that helps you notice patterns.

When / where? What was happening? Who was I with?	What did I drink or use? How much?	Thoughts / images What went through my mind?	Feelings / body What did I notice?	Outcome Short and longer-term effects	Alternative response What could help next time?

Tip: repeating this diary over several days or weeks can make patterns easier to see.

What Am I Learning?

Use this page after completing the diary, or whenever you want to gather together what you are noticing.

Patterns I am beginning to notice...

Times, places or feelings that seem important...

What using appears to give me in the short term...

What it may be costing me in the longer term...

One situation I would like to make safer...

One person or service I could talk to...

One small next step that feels realistic...

You can return to this page whenever something changes. Small observations can become useful steps towards greater safety, choice and support.