

Substance Use Diary

Use one row for each occasion. You can keep this factual and brief or add as much detail as feels useful.

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 emotions or sensations did I feel?	Outcome How did it affect me, others and the short/long term?	Alternative response What might I do differently? What could help?