

Worksheet W13 – Drug Diary/Journal

By filling out this diary sheet you will begin to see patterns to your drug or alcohol use, what triggered it, the feelings associated with those triggers, the actions you took and the consequences of those actions. You should record every trigger regardless of whether you ended up using drugs or not. This information will help you to become more self aware around your drug or alcohol use. Record as many situations as possible in between each module of the course and bring your Journal with you to each module.

Day & Time	Trigger What made me want to use?	Thoughts & Feelings What was I thinking? What was I feeling?	Behaviour Did I use? If so, what did I take? If I didn't use what did I do instead?	Good Consequences Did anything good happen?	Bad Consequences Did anything bad happen?

Here are some risky situations. Mark them from 1 to 3 as you see fit. (1 = no temptation to use; 2 = slight temptation to use; 3 = strong temptation to use):

Risky situation	1	2	3	Risky situation	1	2	3
When I am angry				When I feel bored			
When I feel sad				When I feel lonely			
When I'm around others who are using				When I feel guilty			
When I have money worries				When I don't feel good about myself			

Worksheet W14

My Safe Plan

Between now and my next meeting I will keep myself safe from harm by:

Name at least one way in which you will reduce the harm to yourself from drug / alcohol use or avoid high risk situations. You don't have to stick with one – you can name as many as you want.