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F. **Dealing with Substance Abuse**

Relapse.. 113

Questions About My Use of … ..114
This is how I would describe my using again:

These are the things that caused me to use again.

These are the negative things that happened because of my using.

This is how I will avoid using again in the future.

This is how I will reduce the negative things that happened after I used again.
QUESTIONS ABOUT MY USE OF...

(Write in “alcohol” or name of your drug.)

WHY DO I DO THIS?

- Do I do this to cope with my life? If so, what part does it help me cope with?
- Do I do this because of physical needs? If so, what are they?
- Do I do this because I’m a rotten person?

HOW DO I DO THIS?

- Who do I drink/use with?
- Where do I use/drink?
- When do I drink/use?
- How much do I drink/use in a day?

WHAT HAPPENS WHEN I DO THIS?

- What happens with my physical body?
- What happens with my thoughts & feelings?
- What happens with my family and friends?
- What happens with my job?
- What happens with my finances?

HOW DO I FEEL ABOUT MYSELF?

- How do I feel about myself right before I drink or use?
- How do I feel about myself when I am actually using?
- How do I feel about myself when I’ve been sober or off drugs awhile?

So, do I have a problem with ___________? YES or NO