

This manual was developed as part of the National Institute on Drug Abuse (NIDA) Grant DA08608, *Cognitive Enhancements for the Treatment of Probationers* (CETOP).

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January, 2000

***F. Dealing with Substance Abuse***

*Relapse.. 113*

*Questions About My Use of ... ..114*



This is how I would describe my using again:



P

P = Part L = Leads to

P

These are the things that caused me to use again.

1

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

3

L

L

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

2

This is how I will reduce the negative things that happened after I used again.

4

T = Type  
 P = Part  
 L = Leads to

**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**

T

T

T

T

T

P

P

P

P

L