

## Substance Use Monitoring

Complete this handout until next session. Pay attention to the patterns of substance use.

Day	Use?	Risky Behaviors? (dirty supplies, driving,etc)	How much ?	When?	What was happening for you? People, places, triggers.	Thoughts/ Feelings Before	Thoughts/ Feelings After
Thursday	Y / N	Y / N					
Friday	Y / N	Y / N					
Saturday	Y / N	Y / N					
Sunday	Y / N	Y / N					
Monday	Y / N	Y / N					
Tuesday	Y / N	Y / N					
Wednesday	Y / N	Y / N					