Phoenix AUSTRALIA

Substance use monitoring sheet

You can begin to reduce your substance use to the levels you're comfortable with by monitoring when, where, and how you use substances. This sheet might also help you think about the good and bad things about your use, and help you to track any success you've had over time. Reducing your use takes time and requires practice, practice, practice.

List some good things about use: 1. 2. 3.	List other things in your life that provide you with these benefits: 1. 2. 3.	List some bad things about use: 1. 2. 3.

What are your goals (what's a good level of use for you and your loved ones?):	1.	2.	3.

Try monitoring **why, when** and **how** you use the substance. Use the following scale to rate your mood each day as well.

1 (worst I ever felt)	2	3	4	5	6	7	8	9	10 (best I ever felt)

Day	Time (Morning, Afternoon, Evening)	Activities (location, description)	People I was with	Mood	Type of Substance	How Much?	Did any strategies work? Which one?