

# Alcohol/Substance Use Awareness Record

As a way to increase awareness about your patterns of use, use this form to identify the kinds of situations, thoughts, feelings, and consequences that are associated with your alcohol/substance use.

Describe Incident:

Trigger	Thoughts, Feelings and Beliefs	Intensity of Craving or desire to Drink or Use	Behavior	Positive Results	Negative Results
(What makes me be more likely to use alcohol or drugs?)	(What was I thinking? What was I feeling? What did I tell myself?)	Low-high, 1-10	(What did I do then?)	(What good things happened?)	(What bad things happened?)

Date and Time: \_\_\_\_\_

## Alcohol/Substance Use Awareness Record Example

As a way to increase awareness about your patterns of use, use this form to identify the kinds of situations, thoughts, feelings, and consequences that are associated with your alcohol/substance use. Below is an example of how the form might be used.

Describe Incident: *Spent evening with my friend smoking weed and drinking beer.*

Trigger	Thoughts, Feelings and Beliefs	Intensity of Craving or desire to drink or use	Behavior	Positive Results	Negative Results
(What makes me be more likely to use alcohol or drugs?)	(What was I thinking? What was I feeling? What did I tell myself?)	Low-high, 1-10	(What did I do then?)	(What good things happened?)	(What bad things happened?)
Friend called and invited me to get high with him. Nothing else to do.	"I want to reward myself." "I'm bored." "Felt good about going 15 days without using, so felt OK about getting high today."		Went out with friend and used.	Had fun. Felt good to get high, having gone 15 days without.	Broke the 15-day abstinence (although wasn't too worried about this). Didn't get as much done. Didn't feel as healthy.

