

## Substance Use Diary

<b>When? Where?</b> What was happening? Who was I with?	<b>What did I drink or use?</b> How much?	<b>Thoughts / Images</b> What went through my mind at that time?	<b>Feelings</b> What emotions or physical sensations did I feel?	<b>Outcome</b> How did it affect me? How did it affect others? How much did I spend? Short and long term consequences?	<b>Alternative, more healthy response</b> What could I have done differently? What would have helped?