

# DECISION TO CHANGE EXERCISE

In making a decision to change your drug use, it helps to think about the good and not-so-good things about using. List what is good and what is not so good about your drug use. Look at the Prompts for Exercises on page 255.

Good things about using	Not-so-good things about using

It also helps to think about the good things and not-so-good things about reducing or stopping your drug use. List the pros and cons of changing your use.

Good things about changing my use	Not-so-good things about changing

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# CHECK-IN

MY WEEK WAS LOUSY OK FANTASTIC

FELT LIKE USING (DRUG) \_\_\_\_\_  MON  TUES  WED  THU  FRI  SAT  SUN

USED (DRUG) \_\_\_\_\_  MON  TUES  WED  THU  FRI  SAT  SUN

## 1. WHAT WAS GOING ON?

- MY FEELINGS \_\_\_\_\_
- MY THOUGHTS \_\_\_\_\_
- MY ACTIVITIES \_\_\_\_\_
- MY RELATIONSHIPS \_\_\_\_\_
- MY SCHOOL/WORK \_\_\_\_\_
- MY MEDICATION/TREATMENT \_\_\_\_\_
- MY LEGAL SITUATION \_\_\_\_\_
- OTHER \_\_\_\_\_

## 2. HOW DID YOU HANDLE IT?

- DID SOMETHING ELSE
  - THOUGHT OF CONSEQUENCES
  - GOT OUT OF THE SITUATION
  - TALKED TO SOMEONE
  - JUST USED
  - OTHER \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 4. MY GOALS FOR THE NEXT WEEK

- NOT TO USE
  - REDUCE USE
  - DEAL WITH MY ISSUES
  - WORK ON ONE OF MY LIFE GOALS
  - UNDERSTAND THE CONNECTION BETWEEN MY LIFE GOALS AND MY FEELINGS
  - OTHER \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3. WHAT HAPPENED?

- FELT GOOD/BAD
  - HAD A GOOD TIME/BAD TIME
  - USED LESS/MORE
  - OTHER \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_