

Self-help Guide For Stopping Substance Use

Taking Charge-Regaining Control of Your Life

Answering the following questions could help you figure out how to regain control of your life

Do you feel that you have control over your own life? Or do you feel other people control your life and you can't do anything about the way your life is?	
What controls your life? <i>children, spouse, a disability, lack of money, drug, alcohol etc.</i>	
List the things you could do to take back control over your life	
List what you think is keeping you from doing the things you need to do to take back control over your life	
List the benefits of taking back control over your life.	
Do you get good health care for yourself?	
Do you have a general health care practitioner or a team of health care professionals who know you and your life circumstances?	
What could you do to ensure that you get good health care for yourself?	
Do you get a complete physical check-up every year? <i>If not, what could you do to make this happen?</i>	
Think about your lifestyle. Are you too stressed out? Do you take on more than you should?	
Do you feel safe and secure when you are at home?	

Check yes to the ones that are true or have ever been true for you or no for those that don't apply

Question	Yes	No
My girlfriend/boyfriend has expressed concern about my use		
I have changed friends to be with people who use like I do.		
My friends have sometimes called me a "burn out."		
I have argued with friends about my use.		
I have done things to my friends while high that I have regretted later.		
I have made plans with friends, but didn't show because the opportunity to get high came up.		
I have lied to friends about how much I use.		
I have done things I am ashamed of while under the influence		
Some of my friends have avoided me since I started using. I have lost friends because of my use.		
If I had a choice between being with my straight friends or getting high, I would get high		
I have endangered the lives of my friends through my drug use (driving while using, taking foolish risks)		
Being high makes me feel less shy		
I can't concentrate on school/university as well since I started using		
Parents have asked if anything is going on due to my mood		
Parents have waited up to see what I was like when I got home		
My siblings have expressed concern or seen changes in me		
I find it harder to talk to my family since I have been using		
Many times I am broke because I use money for marijuana or other drugs		
I get anxious when I run out of pot		
I have put off buying things I need, to use the money for my use		
I have done risky or foolish things I could get arrested for while under the influence		

Do you think substance use might have caused any problems for you over the last 3 months?

Write down any problems relating to your substance use here

Substance	Problem

Weight your Risks

	Continuing my present substance use pattern	Reducing or stopping my substance use
+	<i>Helps me relax after work I unwind and forget the day</i>	<i>I wouldn't be so tired I would remember things better</i>
-	<i>Affects my memory Affects my concentration</i>	<i>It would be hard to relax after work I wouldn't enjoy myself so much at parties</i>

How concerned are you about your substance use?

1	2	3	4	5	6	7	8	9	10
Not at all concerned					Extremely concerned				

Rank the substances that concern you in the order from most concern to least concern

1	
2	
3	
4	
5	
6	

Substance Use Diary

When? Where? Who with?	What?	How much?	Money spent

Craving Diary

Place and time	Thoughts	Physical feelings	Behaviors

Create your own refusal style by using body language as well as what you say

Tips for using body language	Tips for what to say
Look directly at the person when you answer it increases the effectiveness of the message	'No' should be the first word out of your mouth. Use a clear, firm, confident voice
Stand or sit up straight - it shows you are confident in your choice	Suggest an alternative activity if you want to do something else with that person
Don't feel guilty about refusing - it won't hurt anyone if you choose not to use	Tell the person offering you drugs not to ask you now or in the future to stop them from asking you again
Leave the room if the other person keeps insisting or pushing	Avoid using excuses and vague answers as these imply you might change your mind later

Contract With Myself

I hereby commit to, and accept responsibility for achieving the goals that I have initiated below. These goals are designed to prepare me to stop getting high. In addition, they show my motivation, confidence, and commitment to the quitting process. I understand that a slip can occur and I must not use it as an excuse to return to use.

- I will follow the helpful hints and keep in mind what I am experiencing is normal.
- I will begin to increase my physical activities
- I will throw away all of my substances
- I will avoid places where there are temptations to get high, such as bars and time with friends who get high.
- I will drink an extra two glasses of water each day.
- I will reward myself for accomplishing these goals.

My quit date is: _____

Signature: _____

Date: _____