

Substance Abuse Workbook PDF

Name:

Date:

Section 1: Understanding Substance Abuse

- Exercise 1: Identifying Your Substances
- Exercise 2: Signs and Symptoms Inventory
- Exercise 3: Substance Use Impact Scale

Section 2: Reflecting on Your Substance Use

- Exercise 4: Substance Use Timeline
- Exercise 5: Triggers and Cravings Journal
- Exercise 6: Life Impact Assessment

Section 3: Motivating Change

- Exercise 7: Envisioning Change
- Exercise 8: Pros and Cons Reflection
- Exercise 9: Setting Small Change Goals

Section 4: Building Coping Skills

- Exercise 10: Quick Stress Busters
- Exercise 11: Emotional Coping Strategies
- Exercise 12: Healthy Alternatives Planner

Section 5: Planning to Stay Strong

- Exercise 13: Recognizing Risky Situations
- Exercise 14: Personal Relapse Prevention Plan
- Exercise 15: Emergency Coping Toolkit

Section 6: Finding Support

- Exercise 16: Identifying Supportive Individuals
- Exercise 17: Conversations with Loved Ones
- Exercise 18: Connecting with Support Groups

Section 7: Healthy Living

- Exercise 19: Body Care Checklist

- Exercise 20: Sleep Hygiene Guide
- Exercise 21: Rediscovering Hobbies Log

Section 8: Rebuilding Connections

- Exercise 22: Reconnecting with Loved Ones Plan
- Exercise 23: Rebuilding Trust Reflection
- Exercise 24: Effective Communication Strategies

Section 9: Looking Ahead

- Exercise 25: Setting Future Goals
- Exercise 26: Vision Board for a Substance-Free Life
- Exercise 27: Celebrating Small Wins

Resources:

- Emergency Contacts
- Local Support Services Directory
- Further Reading and Support