

Client name:

Keyworker:

Date: / /

### Exploring your substance use

**External**

Who is with you?

Where are you?

When do you use?

What do you use?

How much do you use?

How long do you use for?

**Short-Term Effects**

Why do you like using drugs?

Pleasant thoughts?

Pleasant physical feelings?

Pleasant emotional feelings?



**Internal**

What are you thinking before you use?

What are you feeling physically?

What are you feeling emotionally?

**Long-Term Effects**

Good	Bad
	

How useful was this map and discussion?  
NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful