

# Substance Abuse Workbook PDF

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

## 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

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#### Exercise 10: Quick Stress Busters

#### Exercise 11: Emotional Coping Strategies

#### Exercise 12: Healthy Alternatives Planner

### SECTION 5: PLANNING TO STAY STRONG

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#### Exercise 13: Recognizing Risky Situations

#### Exercise 14: Personal Relapse Prevention Plan

#### Exercise 15: Emergency Coping Toolkit

## SECTION 6: FINDING SUPPORT

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### Exercise 16: Identifying Supportive Individuals

### Exercise 17: Conversations with Loved Ones

### Exercise 18: Connecting with Support Groups

## SECTION 7: HEALTHY LIVING

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### Exercise 19: Body Care Checklist

### Exercise 20: Sleep Hygiene Guide

### Exercise 21: Rediscovering Hobbies Log

## SECTION 8: REBUILDING CONNECTIONS

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### Exercise 22: Reconnecting with Loved Ones Plan

### Exercise 23: Rebuilding Trust Reflection

### Exercise 24: Effective Communication Strategies

**SECTION 9: LOOKING AHEAD**

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**Exercise 25: Setting Future Goals**

**Exercise 26: Vision Board for a Substance-Free Life**

**Exercise 27: Celebrating Small Wins**

**RESOURCES:**

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**Emergency Contacts**

**Local Support Services Directory**

**Further Reading and Support**