

Last name, first name: _____ Date: _____ Phone: _____

Replacements for Substances

If I can figure out what substances did for me—what needs and wants they filled for me individually—I might be able to find adequate replacements. Analyzing my last return to use may give me helpful information about this. Nothing else may ever do what substances did for me and that's something to grieve and to work to accept. In the meantime, here's the usual data to gather when seeking self-understanding:

What was I giving my attention to, what was I feeling, what was I thinking, and what physical sensations did I experience?

1. ATTENTION:

What was getting—perhaps splitting—my attention prior to my last return to use?

24 hours before	1 week before	1 month before
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
4) _____	4) _____	4) _____
5) _____	5) _____	5) _____
6) _____	6) _____	6) _____

2. FEELINGS: What was I feeling prior to my last return to use?

24 hours before	1 week before	1 month before
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
4) _____	4) _____	4) _____
5) _____	5) _____	5) _____
6) _____	6) _____	6) _____

3. THOUGHTS: What was I thinking prior to my last return to use?

24 hours before	1 week before	1 month before
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
4) _____	4) _____	4) _____
5) _____	5) _____	5) _____
6) _____	6) _____	6) _____

4. PHYSICAL SENSATIONS:**What physical sensations was I experiencing prior to my last return to use?**

24 hours before	1 week before	1 month before
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
4) _____	4) _____	4) _____
5) _____	5) _____	5) _____
6) _____	6) _____	6) _____

5. AWARENESS OF NEEDS AND WANTS THEN:**Having become aware of 1) what I was giving my attention to, 2) what I was feeling, 3) what I was thinking, and 4) what physical sensations I was experiencing, what needs and wants did I seem to have prior to my last return to use?**

24 hours before	1 week before	1 month before
1) _____	1) _____	1) _____
2) _____	2) _____	2) _____
3) _____	3) _____	3) _____
4) _____	4) _____	4) _____
5) _____	5) _____	5) _____
6) _____	6) _____	6) _____

6. SELF-KINDNESS AND SELF-CARE: AWARENESS OF NEEDS AND WANTS NOW:**What needs and wants do I have now? What might I do to kindly and supportively help myself meet these needs and fulfill these wants?**

Needs and wants I have now:	What might help me with my needs and wants:
1) _____	1) _____
2) _____	2) _____
3) _____	3) _____
4) _____	4) _____
5) _____	5) _____
6) _____	6) _____

7. What insights have I had as a result of doing this exercise?*Last revised 12/6/17 • Online version and additional information: <http://www.annegiles.com/guide/>**This content is for informational purposes only and is not a substitute for medical or professional advice. Consult a qualified health care professional for personalized medical and professional advice.*