Substance Use Antecedents Recall Worksheet

Client's Name	Date
Situations/Thoughts: List situation	ons or thoughts that affect your substance use.
1.	
2	
3.	
4.	
5.	
Feelings: List feelings that affect y	our substance use.
1.	
2.	
3.	
4.	
5.	
Cues: List cues that affect your sub	ostance use.
1.	
3	
3.	
4.	
5.	
Urges: List urges/self-talk that affe	ect your substance use.
1.	
2.	
3.	
4.	
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Source: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment. Substance Abuse Relapse Prevention for Older Adults: A Group Treatment Approach 2005