

# Substance Use Antecedents Recall Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Situations/Thoughts: List situations or thoughts that affect your substance use.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Feelings: List feelings that affect your substance use

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Cues: List cues that affect you substance use

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Urges: List urges/self-talk that affect your substance use

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_