

Name \_\_\_\_\_

Date \_\_\_\_\_

# SUBSTANCE ABUSE WORKSHEET

**Objectives:** To enable an individual to see how his thoughts about the substance influence behavior.

**Instructions:** Our thoughts and feelings influence our actions. Answer the following questions to reveal the influence of your thoughts about the substance you abuse on your actions.

Which substance do you abuse?

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Why do you abuse this substance?

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What are your thoughts and feelings about the substance you abuse?

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Are you aware of the harmful effects of this substance? If yes, mention some of them. If no, write some expected effect.

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