

# Substance Use Antecedents Recall Worksheet

Client's 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 your substance use.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

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

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_