Name: Date:

DENIAL WORKSHEET

Substance Abuse Reflection

1. Do you think your substance use is a problem?

☐ Yes ☐ No ☐ Not Sure

Explain your answer:

2. Has anyone ever told you they are worried about your substance use?

☐ Yes ☐ No

Who said it and what did they say?

3. Have you ever said or thought these things? (Check all that apply)

☐ "I can stop anytime."

☐ "It's not that bad."

☐ "Other people use more than me."

☐ "I only use it to relax."

4. List two ways substance use has affected your life

5. One thing I want to change about my substance use