

# Knowledge Is Power

## Personal Awareness: What Happens Before & After I Use Drugs or Alcohol?

<b>TRIGGER</b>	<b>THOUGHTS &amp; FEELINGS</b>	<b>BEHAVIOR</b>	<b>POSITIVE RESULTS</b>	<b>NEGATIVE RESULTS</b>
(What sets me up to be more likely to use drugs or alcohol?)	(What was I thinking? What was I feeling? What did I tell myself?)	(What did I do then?)	(What good things happened?)	(What bad things happened?)
Friend called and invited me to use with him. Nothing else to do.	“I want to reward myself” “I’m bored” “Felt good about going 15 days without using alcohol/drugs so I felt ok about using today	Went out with my friend and smoked weed.	Had fun. Felt good to get high, having gone 15 days without.	Broke the 15 day abstinence (although wasn’t too worried about this) didn’t get as much done. Didn’t feel as healthy