

# 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?)