

Name :

Date :

# OVERCOMING SUBSTANCE ABUSE: A SELF-REFLECTION WORKSHEET

This worksheet is designed to help you identify patterns related to substance use and develop healthier coping strategies. Answer the questions honestly

1. Identify some of the challenges you face in your daily life.

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2. What are some maladaptive behaviors you engage in when facing difficulties?

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3. List any unhealthy coping skills you use to deal with stress or emotional distress.

Unhealthy Coping Skills	Consequences

4. Identify your triggers that contribute to substance use.

Emotional Triggers	Social Triggers	Environmental Triggers

5. What are some healthier coping strategies you can adopt to manage these triggers?

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6. What are your personal goals for overcoming substance abuse?

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