

MONITORING YOUR DRUG USE

SELF-MONITORING your drug use is an important part of this program.

- Self-monitoring can help you record accurate information about your drug use and any changes you have made; it also allows you to evaluate your progress. Even if you don't use drugs every day, you record a "NO" for each day that this occurs.
- Self-monitoring can help you identify high-risk situations by looking at days where you used drugs. Such information allows you to develop better coping strategies and alternatives for problem drug use situations. Self-monitoring can also provide information about situations in which you did not use drugs.

Initially, some people feel that self-monitoring is time consuming. However, keeping records of certain activities is not unusual. Athletes, salespeople, stockbrokers, and so on keep track of their progress to plan exercise or work strategies. Keeping track of performance can help you achieve your goals.

Although self-monitoring requires some time and commitment, clients who have self-monitored their drug use report that it provides a better understanding of how much they use and of situations related to their drug use.

- We want you to keep track of your daily drug use and bring the logs to each session.
- It is important to keep accurate and complete records.
- There are no rights or wrongs in recording your drug use.
- Self-monitoring is an aid to help you more effectively change your drug use.
- Give self-monitoring a chance before deciding if you like it.

INSTRUCTIONS: Instructions for Self-Monitoring Are Easy.

1. At the top of the form, write your name and the primary drug for which you are seeking treatment. If you will be monitoring a second drug (e.g., cannabis), write in the name of the drug in the space provided.

For each day:

2. Starting on the assessment day, write the Date in the first column on the line that corresponds with the day of the week. For example, if you were seen on Wed., Nov. 9, write Nov. 9 on the line that has Wed in the first column.
3. Next, write Yes in the column Did You Use Drug(s) Today? if you used the PRIMARY drug on that day. If you did not use it that day, write No. Do the same for the SECOND drug (yes or no)
4. Then, record the total number of standard drinks at the end of each day and write this amount in the Alcohol Use: Total # Drinks column. If you do not drink on a day, then write “0” in this column. This column is included because it is helpful to see how your drug and alcohol use are related.
5. In the column, Any Urges to Use Your PRIMARY Drug Today? answer by writing “Y” for yes or “N” for no.
6. In the Situations Related to PRIMARY Drug Use or Urges column, write down where and with whom you were with when you used your primary drug or felt a desire to use. In the last column, you can note what your Thoughts and Feelings were at the time. On the back of each log sheet, space is provided to make additional notes related to any of your drug use situations.

An example of a completed sheet is on the next page. To increase recording accuracy it is important to record your drug use for each day, at the end of each day, or if you forget, then at the beginning of the next day.

Remember to bring in your logbook covering each day since your last appointment. If you have any questions, please ask your therapist. **START SELF-MONITORING THE DAY YOU RECEIVE THIS BOOKLET.**