

THERAPIST HANDOUT 3.3

## Timeline Followback Instructions and Sample Calendar for Drug Use

**Primary Drug for Which You Sought Treatment** \_\_\_\_\_

- The following questions relate to the use of the primary drug for which you sought treatment. **When you see the word *drug***, it means the primary drug for which you sought treatment.
- To get an idea of what your drug use was like in the ***past*** \_\_\_\_ ***days***, we would like you to fill out the attached calendar.
- The idea is that for **each day** on the calendar we want you to indicate whether you **used** or **did not use** the primary drug for which you sought treatment.

**TO START**

1. Write in **TODAY'S DATE** and **YESTERDAY'S DATE** at the top of the calendar.
2. **Put an X on TODAY'S DATE**, but do **NOT** enter a number for "today" or any day after today.
3. Starting with **YESTERDAY**, go through the calendar
  - a. On days when you **did not use drugs**, write a "0" in the box
  - b. On days when you **did use drugs**, write a "✓" in the box

**SAMPLE CALENDAR**

Write in Today's and Yesterday's Date

**ID: 9-999**

**Today's Date** October 2, 2010

Start Date: (Day 1) 09/03/10

**End Date: (Yesterday)** October 1, 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
			1-Sept	2-Sept	3-Sept	4-Sept
					0	0
5-Sept	6-Sept	7-Sept	8-Sept	9-Sept	10-Sept	11-Sept
0	Labor Day ✓	✓	✓	0	0	✓
12-Sept	13-Sept	14-Sept	15-Sept	16-Sept	17-Sept	18-Sept
✓	✓	0	✓	✓	0	✓
19-Sept	20-Sept	21-Sept	22-Sept	23-Sept	24-Sept	25-Sept
✓	0	0	0	0	✓	✓
26-Sept	27-Sept	28-Sept	29-Sept	30-Sept	1-Oct	2-Oct
0	0	✓	0	0	0	X

**For all days, fill in either a "✓" if you used any drugs on a given day or a "0" if you did not use any drugs**

(cont.)

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**WHAT TO FILL IN**

- When you did use the primary drug for which you sought treatment
  - ◆ On days when you **did not use drugs**, write a “**O**” in the box
  - ◆ On days when you **did use drugs**, you write a “**✓**” in the box
- **THE IMPORTANT THING IS TO WRITE SOMETHING IN ON EACH DAY, EVEN IF IT IS A “O.”**
- **Holidays** are marked on the calendar to help you recall your drug use. You can also think about your drug use in relation to personal holidays and events such as birthdays, vacations, and parties.

**YOUR BEST ESTIMATE**

- **Filling out the calendar is not hard!**
- If you are not sure whether you used drugs on a given day, or whether you used on a Thursday or a Friday, give it your best estimate.
- **We recognize people will not have perfect recall, just try to be as accurate as possible.**