

Are you thinking about reducing or perhaps stopping your drug use?

Keeping a record of your use throughout the week can help both you and your Antidote worker, to get a better *understanding of when your most vulnerable times are, what triggers you, and perhaps some insight into **why you use.***

It can also help you become more conscious of your use, as well as helping you identify the reasons for your use which can result in you feeling more ***in control*** of things.

Record how ***you feel before*** using, how ***you feel after***; how strong the urges to re-use are, and your general experience of your using week as this can be very enlightening and helpful for both you and your worker.

Once completed, please bring it with you on your next visit to the Antidote service.

Drugs diary

Day	Time	What & amount used	Feelings before (what triggered uing)	How, where and who with	Feelings after	Consequences
<i>Monday</i>						
<i>Tuesday</i>						
<i>Wednesday</i>						
<i>Thursday</i>						
<i>Friday</i>						
<i>Saturday</i>						
<i>Sunday</i>						