

What Substance Use Does for Me

Addiction and recovery | Adults | 10 to 15 minutes

Understand what substance use offers, what it costs, and which needs deserve another response.

Choose one recent situation involving substance use or an urge. Describe it with curiosity. You do not need to defend yourself or decide your whole recovery plan today. Understanding the purpose of a behavior can help you find a useful next step.

Trace one situation

Start before the use or urge: where were you, who was present, and what was happening? Notice feelings, physical needs, thoughts, or pressures. Then name the immediate effect you hoped for, such as relief, energy, connection, sleep, or escape.

Include both time frames

An action can help briefly and create difficulties later. Record both without turning either into a character judgment. Consider health, money, relationships, responsibilities, and the next morning. Choose one need you could meet in another way, even partially.

What happened before the urge or use, and what did I need?

What did I hope it would do, and what happened afterward?

What short term benefit and later cost matter most to me?

What is one other way to respond to that need this week?