

Substance-related and addictive disorders

Sorting Overlapping Concerns for a Care Conversation

Adults | 10 to 15 minutes

More than one substance, behavior, health issue, or life pressure may be involved in a difficult pattern. You do not need to solve everything at once. Use this page to explain what overlaps and what most needs attention.

Name concerns in your own words. Avoid changing substances or prescribed care based on this worksheet.

Map what overlaps

List each concern briefly, then note where their timing, consequences, or purposes connect. For example, work stress and a disrupted sleep routine may complicate a substance goal.

Prioritize appropriate care

Separate urgent safety or medical questions from longer-term goals and access barriers. Ask a qualified service how it can coordinate relevant care rather than expecting one generic strategy to cover everything.

1. Which substances or behaviors do I want to discuss?**2. What health, sleep, or daily-life concerns overlap with them?****3. Which issue needs prompt assessment or practical help?****4. What information would help a service coordinate my next step?****Clinical use and adaptation**

Use individualized assessment and avoid assigning a diagnosis from this map. Consider interactions, withdrawal risk, overdose risk, and co-occurring conditions. A broad topic label does not justify using substance worksheets as gambling or other behavioral-addiction treatment.