

Testing out Abstinence (Part 1)

1. I will commit to _____ days off from my use of _____.
During this time, I will track the positive changes that I experience during this period.
2. To assist in testing my period of abstinence, I will temporarily avoid triggers for my substance use (people, places, things, thoughts, emotions, etc.).

My personal triggers include:

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3. To help me in avoiding my triggers, I will try to do the following activities instead:

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After completing the test period, please proceed to the back of the page

Testing out Abstinence (Part 2)

Reflect back on your period of abstinence.

4. During this period, I have noticed the following negative changes:

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5. Some ways I can cope with these negative changes when abstinent include:

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6. During this period, I have noticed the following positive changes:

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