

Name: _____ Date: _____

Identifying Problem Substance Use Situations—CD Adapted

Complete Part 1 with your therapist after reviewing your assessment results on the Inventory of Drug-Taking Situations (IDTS-8).

You can complete Part 2 either during the session with your therapist or as a homework assignment. If you complete it at home, bring it with you to your next appointment.

PART 1

What situations have tended to trigger your substance use over the past year?
(Check any that apply.)

- unpleasant emotions
(e.g., when angry, frustrated, bored, sad or anxious)
- physical discomfort
(e.g., when feeling ill or in pain)
- pleasant emotions
(e.g., when enjoying yourself or just feeling happy)
- testing personal control
(e.g., when you started to believe you could handle alcohol or other drugs)
- urges and temptations to use
(e.g., when walking by a pub or after seeing something that reminded you of drinking or other drug use)
- conflict with others
(e.g., after an argument or when not getting along well with someone)
- social pressure to use
(e.g., when someone offered you alcohol or other drugs)
- pleasant times with others
(e.g., when out with friends or at a party)

Now rank the situations you checked above that are most often linked to problem drinking or other drug use (put the one that was **most often** a problem for you as rank 1, then the one that was a problem second most often as rank 2, then the third as rank 3):

Rank 1 (most frequently a problem): _____

Rank 2 (next most frequent): _____

Rank 3 (next most frequent): _____

PART 2

Your therapist has helped you identify general types of situations that have tended to trigger your problem drinking or other drug use over the past year. Now, think about the situations you ranked 1, 2 and 3. Write down examples of specific incidents of problem drinking or other drug use.

Rank 1 Situation

Think carefully about the particular drinking or other drug use experience you wish to describe, and then answer the questions below in as much detail as possible.

BEFORE USING

Where were you?

- Where you live (e.g., house, apartment, hostel or shelter, hospital)
- At someone else's place (whose?): _____
- In a public place (where?): _____
- Other: _____

Was anyone else there?

- Yes No

Were others drinking or using other drugs?

- Yes No

How were you feeling (e.g., happy, sad, angry, hurt, confused)?

What were you thinking just before you drank or used other drugs?

How do you think you might handle this situation without using?

Rank 2 Situation

Think carefully about the particular drinking or drug use experience you want to describe, and then answer the questions below in as much detail as possible.

BEFORE USING

Where were you?

- Where you live (e.g., house, apartment, hostel or shelter, hospital)
- At someone else's place (whose?): _____
- In a public place (where?): _____
- Other: _____

Was anyone else there?

- Yes No

Were others drinking or using other drugs?

- Yes No

How were you feeling (e.g., happy, sad, angry, hurt, confused)?

What were you thinking just before you drank or used other drugs?

How do you think you might handle this situation without using?

Rank 3 Situation

Think carefully about the particular drinking or drug use experience you want to describe, and then answer the questions below in as much detail as possible.

BEFORE USING

Where were you?

- Where you live (e.g., house, apartment, hostel or shelter, hospital)
- At someone else's place (whose?): _____
- In a public place (where?): _____
- Other: _____

Was anyone else there?

- Yes No

Were others drinking or using other drugs?

- Yes No

How were you feeling (e.g., happy, sad, angry, hurt, confused)?

What were you thinking just before you drank or used other drugs?

How do you think you might handle this situation without using?

Adapted from: H.M. Annis and G. Martin, Inventory of Drug-Taking Situations (4th ed.). Toronto: Addiction Research Foundation © 1985