



Activity 1: Identify My Substance Use Warning Signs

Visit R1LEARNING.COM to download printable Activity Worksheets.

Observe: Complete the table below with up to 10 Substance use warning signs you identified from the card activity.

Discovery Cards Summary		
Substance Use Warning Signs: statements from the card fronts	Substance Use Phase: from colored card backs	How does this warning sign show up for you today? Explain.
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Questions to Explore

Evaluate:

1. Which Substance Use phase are you in (excluding Phase 11: Acute Substance Use Period)? How far down the path are you?

- Phase 1: Internal Change
- Phase 2: Denial
- Phase 3: Avoidance & Defensiveness
- Phase 4: Crisis Building
- Phase 5: Immobilization
- Phase 6: Confusion & Overreaction
- Phase 7: Depression
- Phase 8: Behavioral Loss of Control
- Phase 9: Recognition of Loss of Control
- Phase 10: Option Reduction

2. How long do you think you have been in this phase or these phases?

Respond:

3. What is one action you can take to shift your thinking, feelings, or behavior and move out of this phase?

4. Who can you ask for help and support?