



Activity 2: Identify My Substance Use Warning Signs from Past Experiences

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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:

- Which Substance Use phase were 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
- At what point in time did you start to experience these warning signs? Did you notice them at the time or only now looking back?
- What did you do once they started to affect you? What actions did you not take that you could have taken?

Respond:

- What can you do differently in the future?
- Who can you ask for help and support?