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Activity 4: Explore the Substance Use Phases & Warning Signs Model

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As you think about your understanding of the Substance Use Phases & Warning Signs Model, answer the questions to the right.

Substance Use Phases & Warning Signs
Am I on a path toward substance use?

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Substance Use Phases & Warning Signs
Am I on a path toward substance use?

1. INTERNAL CHANGE
2. DENIAL
3. AVOIDANCE & DEFENSIVENESS
4. CRISIS BUILDING
5. IMMOBILIZATION
6. CONFUSION & OVERREACTION
7. DEPRESSION
8. BEHAVIORAL LOSS OF CONTROL
9. RECOGNITION OF LOSS OF CONTROL
10. OPTION REDUCTION
11. SUBSTANCE USE

Questions to Explore

1. How does it help you to know that there is a model describing substance use warning signs and how they move us to behavior?

2. Do you see how the emotional and mental progression of warning signs can lead to a physical substance use? How do you see this progression in your own experience?

3. What resonates most for you about the Substance Use Phases & Warning Signs Model given your experience?

4. How does the Substance Use Phases & Warning Signs Model help you to plan for and avoid unhealthy situations?