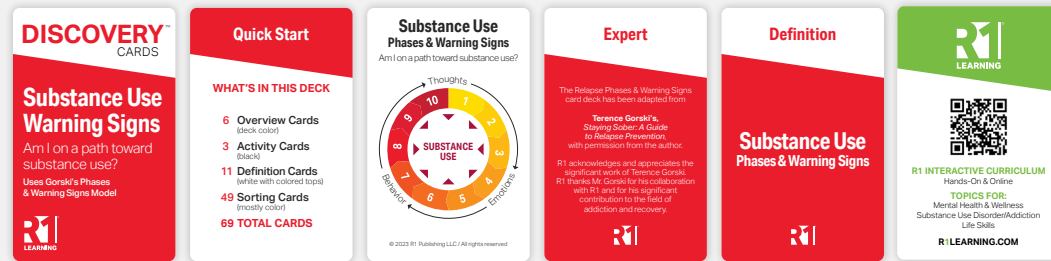


# Substance Use Phases & Warning Signs

What's in the Deck

## Discovery Cards Content Map

### Overview Cards



### Activity Cards



### Substance Use Phases Definition Cards



### Sorting Cards



# What's in the Deck

**6** Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Phases & Warning Signs Definition Card
- 1 Model Card
- 1 Expert Card
- 1 R1 Card

**3** Activity Cards

- Main Color: Black
- 1 Activity 1: Identify My Substance Use Warning Signs
- 1 Activity 2: Identify My Substance Use Warning Signs from Past Experiences
- 1 ME Action Card: individuals write in primary learning and action

**11** Substance Use Phases Definition Cards

- Main Color: White with Color
- 1 Phase 1: Internal Change (Yellow)
- 1 Phase 2: Denial (Light Gold)
- 1 Phase 3: Avoidance & Defensiveness (Gold)
- 1 Phase 4: Crisis Building (Light Orange)
- 1 Phase 5: Immobilization (Orange)
- 1 Phase 6: Confusion & Overreaction (Dark Orange)
- 1 Phase 7: Depression (Darker Orange)
- 1 Phase 8: Behavioral Loss of Control (Red)
- 1 Phase 9: Recognition of Loss of Control (Dark Red)
- 1 Phase 10: Option Reduction (Darker Red)
- 1 Phase 11: Acute Substance Use Period (Burgundy)

**49** Sorting Cards

- Main Color: Mostly Color
- 4 Phase 1: Internal Change (Yellow)
- 2 Phase 2: Denial (Light Gold)
- 6 Phase 3: Avoidance & Defensiveness (Gold)
- 4 Phase 4: Crisis Building (Light Orange)
- 3 Phase 5: Immobilization (Orange)
- 7 Phase 6: Confusion & Overreaction (Dark Orange)
- 5 Phase 7: Depression (Darker Orange)
- 5 Phase 8: Behavioral Loss of Control (Red)
- 5 Phase 9: Recognition of Loss of Control (Dark Red)
- 4 Phase 10: Option Reduction (Darker Red)
- 4 Phase 11: Acute Substance Use Period (Burgundy)

**69** TOTAL CARDS