



## Activity 1: Identify My Substance Use Pattern

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**Observe:** Complete the pyramid below with up to 10 substance use sorting cards you identified from the card activity.

Best Describes Me ↑

_____ Behavior _____ Substance Use Criteria			
_____ Behavior _____ Substance Use Criteria		_____ Behavior _____ Substance Use Criteria	
_____ Behavior _____ Substance Use Criteria	_____ Behavior _____ Substance Use Criteria	_____ Behavior _____ Substance Use Criteria	_____ Behavior _____ Substance Use Criteria
_____ Behavior _____ Substance Use Criteria	_____ Behavior _____ Substance Use Criteria	_____ Behavior _____ Substance Use Criteria	_____ Behavior _____ Substance Use Criteria

### Questions to Explore

**Evaluate:**

1. As you think about what you've learned and your results, do you think you have a problem with your substance use? Explain.

2. Which of the substance use symptoms (criteria) were most prominent in your pyramid? How does this make sense for you?

3. What has been the most prominent impact, cost, loss, or harm from your substance use?

**Respond:**

4. What is one action you can take to seek help and support for your substance use?

5. What will be the benefits for you and others if you change your substance use behavior?

6. Who can you ask for help and support?