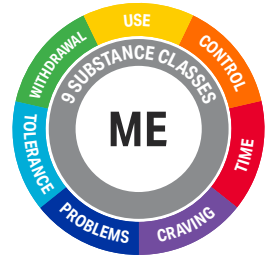




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Activity 4: Explore the Substance Use Model

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As you think about your understanding of the Stages of Change Model, answer the questions to the right.

Substance Use
What is it? Do I have a problem?

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Substance Use
What is it? Do I have a problem?

- 01. USE
- 02. CONTROL
- 03. TIME
- 04. CRAVING
- 05. MAJOR ROLE OBLIGATIONS
- 06. SOCIAL
- 07. IMPORTANT ACTIVITIES
- 08. PHYSICALLY HAZARDOUS
- 09. PHYSICAL OR PSYCHOLOGICAL
- 10. TOLERANCE
- 11. WITHDRAWAL

PROBLEMS

Questions to Explore

1. How does it help you to know that there is a model that helps us assess our substance use - what substances we use and what is our pattern of behavior?
2. What resonates most with you about the Substance Use Model given your experience?
3. How does the Substance Use Model help you to see where you are and what will be most helpful for you as a next step?