



Drugs Plan

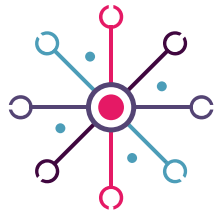
Date:

Aim for the week =

Try to write down the information immediately before or after each drug use, or at the end of each day, rather than days later. Try to be as honest as you can.

Day	Plan	What did you actually take ?	Time ?	Where ?	Who with ?	Why ?	Cost ?	Consequences of drug use, (or benefits of reduced or no drug use)
Example			<i>3pm-8pm</i>	<i>At home</i>	<i>By myself</i>	<i>Bored & anxious</i>	<i>£20</i>	<i>I felt more tired and distracted the next day</i>
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

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Drugs Diary

Date: _____

Total amount of drug use this week = _____

Day	Type of drug and how much you used ?	Time of day, where and who with ?	Reasons for drug use ?	Any consequences of your drug use ?
Example		<i>Evening at a friends house</i>	<i>To relax and socialise</i>	<i>Argument with my partner</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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