



Substance Abuse Worksheets Pdf

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A work pack to help anyone using substances examine their motivation and explore the process of change. It includes worksheets on the pros and cons of substance use, the affects, the . Download free worksheets for therapy related to substance use, such as coping skills, urge surfing, habit planning, and more. These worksheets cover topics such as addiction, triggers, . Download a collection of worksheets and handouts for substance abuse prevention and recovery. Topics include relapse prevention, addiction, self-care, employment, and more. substance use and relapse. Write an account of any emotional struggles you have had in the past such as ADHD, anxiety, depression, bipolar illness, PTSD, panic attacks, or other mental health symptoms. Give speciic examples of how these emotional issues have afected alcohol and drug use. Also. **SUBSTANCE USE AND ABUSE** Substance use behaviors of any kind can be described as an intense efort to ill an underlying hunger. This is not a hunger for food or nourishment, but rather for comfort, approval, and a yearning to ill an emotional emptiness. The goal of alcohol or drug use is often to bring comfort to the sad and depressed.