

Name: _____ Date: _____

Daily Diary

By monitoring the risky situations that you encounter, and any urges and temptations that you feel to drink or use other drugs, you can develop better coping strategies and alternative behaviours. Keeping track of any drinking or other drug use that does occur helps you to get an overall picture of how well you are doing. The simple exercise of daily monitoring can, in itself, help you to achieve your goals.

For each day this week:

Describe the most risky situation (urges, temptations and cravings) that you experienced during the day. Write down where you were; what time of day it was; who (if anyone) you were with; what you were doing, thinking and feeling; and what happened.	Describe what you did to cope in this situation (e.g., went for a walk, left the situation, thought of the negative consequences of using).	If you did use any alcohol or other drugs, record what and how much.
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		