

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Identifying Problem Substance Use Situations

Complete Part 1 with your therapist after reviewing your assessment results on the Inventory of Drug-Taking Situations (IDTS-8).

You can complete Part 2 either during the session with your therapist or as a homework assignment. If you complete it at home, bring it with you to your next appointment.

### PART 1

What situations have tended to trigger your substance use over the past year?  
(Check any that apply.)

- unpleasant emotions  
(e.g., when angry, frustrated, bored, sad or anxious)
- physical discomfort  
(e.g., when feeling ill or in pain)
- pleasant emotions  
(e.g., when enjoying yourself or just feeling happy)
- testing personal control  
(e.g., when you started to believe you could handle alcohol or other drugs)
- urges and temptations to use  
(e.g., when walking by a pub or after seeing something that reminded you of drinking or other drug use)
- conflict with others  
(e.g., after an argument or when not getting along well with someone)
- social pressure to use  
(e.g., when someone offered you alcohol or other drugs)
- pleasant times with others  
(e.g., when out with friends or at a party)

Now rank the situations you checked above that are **most often** linked to problem drinking or other drug use:

Rank 1 (most frequently a problem): \_\_\_\_\_

Rank 2 (next most frequent): \_\_\_\_\_

Rank 3 (next most frequent): \_\_\_\_\_

## PART 2

Your therapist has helped you identify general types of situations that have tended to trigger your problem drinking or other drug use over the past year. Now, think about the situations you have ranked 1, 2 and 3, and write down examples of specific incidents of problem drinking or other drug use.

### Rank 1 Situation

Think carefully about the particular drinking or other drug use experience you wish to describe, and then answer the questions below in as much detail as possible.

#### BEFORE USING

- Where were you? \_\_\_\_\_
- Was anyone else present? \_\_\_\_\_
- Were others drinking or using other drugs? \_\_\_\_\_
- How were you feeling? \_\_\_\_\_
- What were you thinking? \_\_\_\_\_
- Describe what happened that triggered your use: \_\_\_\_\_

- How do you think you might handle a similar incident without using? \_\_\_\_\_

### Rank 2 Situation

Think carefully about the particular drinking or other drug use experience you wish to describe, then answer the questions below in as much detail as possible.

#### BEFORE USING

- Where were you? \_\_\_\_\_
- Was anyone else present? \_\_\_\_\_
- Were others drinking or using other drugs? \_\_\_\_\_
- How were you feeling? \_\_\_\_\_
- What were you thinking? \_\_\_\_\_
- Describe what happened that triggered your use: \_\_\_\_\_

- How do you think you might handle a similar incident without using? \_\_\_\_\_

**Rank 3 Situation**

Think carefully about the particular drinking or other drug use experience you wish to describe, then answer the questions below in as much detail as possible.

**BEFORE USING**

- Where were you? \_\_\_\_\_
- Was anyone else present? \_\_\_\_\_
- Were others drinking or using other drugs? \_\_\_\_\_
- How were you feeling? \_\_\_\_\_
- What were you thinking? \_\_\_\_\_
- Describe what happened that triggered your use: \_\_\_\_\_

- How do you think you might handle a similar incident without using? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Adapted from: H.M. Annis and G. Martin, Inventory of Drug-Taking Situations (4th ed.). Toronto: Addiction Research Foundation © 1985*