

## Self-Monitoring Record

<b>TRIGGER</b> (What sets me up to use?) <small>Situations, places, people, objects used (shot glass, pipe, bong, beer mug, etc.) friends, relationships etc.</small>	<b>THOUGHTS AND FEELINGS</b> (What was I thinking? What was I feeling?)	<b>BEHAVIOR</b> How did you gain access to the substance used.	<b>POSITIVE CONSEQUENCES</b> What did the alcohol or other drug do for me in the moment?	<b>NEGATIVE CONSEQUENCES</b> (What negative thing happened?) <small>in the 24 hours after your use</small>

In the spaces below write out an alternative response where you would not use but were triggered by the same or similar situation. If you can't think of one then try and plan for the future

--	--	--	--	--

Reprinted with permission from Jaffe et al. 1988.