

MY DIARY

The background of the page is composed of several overlapping, curved, semi-transparent shapes in various shades of gray and white. These shapes create a layered, geometric effect, with some areas appearing darker due to the overlap of multiple layers. The overall aesthetic is modern and minimalist.

MY DIARY

Keeping a weekly diary is a really good way of becoming aware of how often you drink or use other drugs, how much and why. Your diary is a powerful way to maintain your motivation, increase your confidence in being successful and help you achieve your goals. Your diary also makes it easier for you to identify your high-risk situations like when you use too much or are very tempted to use.

How to use your diary

- Write in your diary when you are using or feel like using. This will help you see changes.
- Make a note of the situation or environment you are in (e.g. where you are, what is happening and who you are with).
- Record what you have used and how much you are using each day.
- Make sure you record the days you did not use.
- Add up the amount of money you spend each day and total it for the week.
- Put a cross against high-risk times when you used more than you meant to or had a strong urge to use.
- Write down your thoughts and feelings.
- Read and think about what you have written to help you keep on track.
- If you like, review your diary with your counsellor or case manager.

MY DIARY

Week commencing: _____

My goals are: _____

| | When, where, who with | Money spent | Substance used | How much | Thoughts/ feelings |
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Government of Western Australia
Mental Health Commission

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