

## STOP USING ALCOHOL, TOBACCO, AND OTHER DRUGS WORKSHEET

The purpose of this worksheet is to identify activities that contribute to alcohol, tobacco, other drug use and activities that will lead away from use. The following are some important changes you may need to make. Begin with those that would assist you most to stop using.

Write how you plan to accomplish the following:

1. Eliminate all forms of alcohol, tobacco, other drug use from the home, worksite and other places. (Those with serious addictions may require medical assistance.)
2. Eliminate contact with peers and avoid locations associated with alcohol and drug use.
3. Stop behaviors associated with alcohol and drug use.
4. Practice strict thought control. Stop all thoughts of alcohol and drug use and replace with spiritual and constructive thoughts.
5. Identify and replace negative feelings like depression and anger with positive feelings.
6. Develop relationships with those who strengthen you in the effort to stop using alcohol and drugs.
7. Increase positive hobbies and activities.