

Sample drug-use diaryⁱ

This diary will help you identify factors connected to your desire to use drugs that need to be dealt with in order to help you to reach your goals. If you have slipped back, it will help you answer the questions 'why?' and 'what went wrong?'. That might help you plan different strategies in the future.

Day, date, times	Where, with, when, what	Thoughts before drug taking	What did you do?	Behaviours, feelings, consequences	What did you take?	Amount of drugs taken

ⁱ From Andrews G, Jenkins R, eds. *Management of Mental Disorders (UK Edition)*. Sydney: World Health Organization Collaborating Centre for Mental Health and Substance Abuse, 1999. Distributed for the publishers in the UK by IN 2 Mail Ltd, Fax: +44 (0)1252 322315; PO Box 55, Aldershot, Hampshire GU21 4FP.