

Module Managing substance use

Functional analysis of substance use and identifying risk situations

- ▶ Table 1: Record different determinants of a situation with substance use in the columns below. Note down the (basic) emotions you have experienced: anger, fear, happiness, sadness, disgust and surprise in the column 'emotion'.
- ▶ Table 2: Identify high-risk situations based on the functional analysis.

Situation	Thought	Emotion	Behavior	Consequence
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>

External high-risk situations
Situations:
Places:
People:
Time periods:
Other:
Internal high-risk situations
Thoughts:
Body sensations:
Emotional states:
Other:

Self-control measures

Write down strategies to avoid exposure to substances, to elaborate alternative coping skills and to apply the principles of reward and 'punishment'.

Stimuli to avoid:
Places:
People:
Cues related to substance use:
Other:
Possible alternative skills when facing high-risk situations:
.....
Rewards when a certain goal was achieved:
.....
Practical tasks to carry out when a goal is not reached ('punishment'):
.....

Managing craving

- ▶ Table 1: Record different determinants of a moment of craving in the columns below. Note down the (basic) emotions you have experienced: anger, fear, happiness, sadness, disgust and surprise in the column ‘emotions’. Evaluate the intensity of the craving on a scale of 0 to 10.
- ▶ Table 2: Summarize how you experience craving.
- ▶ Table 3: Write down skills to manage craving.

Situation	Thought	Emotion	Craving (0-10)	Behavior	Consequence
					<u>Short term</u> <u>Long term</u>
					<u>Short term</u> <u>Long term</u>
					<u>Short term</u> <u>Long term</u>
					<u>Short term</u> <u>Long term</u>
					<u>Short term</u> <u>Long term</u>

Personal experiences with craving
How often does craving occur? ----- -----
How long does craving usually last? ----- -----
Which body sensations are usually experienced? ----- ----- ----- ----- ----- -----
Which thoughts usually emerge? ----- ----- ----- ----- ----- ----- -----
What possibly triggers craving? ----- ----- ----- ----- ----- -----

Skills to manage craving
Strategies to overcome a moment of craving: ----- ----- -----
Strategies to look for distraction: ----- ----- -----
Strategies to seek social interaction: ----- ----- -----
Strategies to improve the moment: ----- ----- -----
Possible soothing thoughts: ----- ----- -----
Pros and cons of substance use and behavioral change to think about: ----- ----- -----
Exercises to improve acceptance I can carry out: ----- ----- -----

