



Substance Use Life Inventory

(Please read all instructions)

NAME _____ DATE _____

Seeing things as they really are and developing the desire to change is the foundation of recovery. Now that you have reviewed your using history with the group, it is time to review how that use has affected your life in more detail. This process begins with an honest look at how using/addiction has affected your life.

Listed below are 13 life areas that substance use affects the most. In each of these areas, a few examples are listed. Your job is to think about how using affected your life using these examples as a guide. Write a description of how **using/addiction** has been shown in **each** of these life areas. Describe **SPECIFIC** examples of using episodes including the **who, what, where** and **when** of each experience. Report each incident accurately and express your true feelings about them. When you are finished, you will share this in a group session. This presentation will be similar to the *Chemical Use History*. Being honest when completing this inventory will give you the best chance of seeing things as they really are and help give you some motivation for change.

Check each box that applies AND provide specific examples (explain why you checked it).
Use the back if needed

1. Preoccupation with Chemicals

- Thinking about using a lot.
- Planning on using when you should be doing something else.
- Your social life revolves around using.
- Hiding and protecting your supply, keeping a stash so you don't run out.
- Other (explain)

2. Lying about Chemical Use

- Lying to spouses, significant others, parents, children, supervisors, coworkers/colleagues, friends, teachers, physicians, counselors, etc.
- Concealing information about chemical-related incidents from authorities including job applications, insurance forms and legal documents.
- Modifying records to distort information regarding use and associated behavior, activities and feelings.
- Other (explain)

3. Attempts to Quit or Control Use

- Telling yourself you're not going to use and do it anyway.
- Telling yourself you're going to quit and you keep using.
- Unsuccessful attempts to "cut down."
- Switching chemicals or changing pattern of use to avoid consequences.
- Other (explain)

4. Effects on your Physical Health

- Hospitalization (detox, mental health/psychiatric, medical problems due to use).
- Medical conditions associated with use, including high blood pressure, abnormal lab results, tremors, decreased coordination and any condition suggested by a physician related to use.
- Accidents or near-accidents.
- Overdoses, including vomiting or passing out as a result of use.
- Burnt-out feelings.
- Hangovers.
- Not enough sleep or too much sleep.
- Withdrawal symptoms.
- Unable to work or have fun because of being high or hung over.
- Changes in physical appearance including significant weight gain/loss, bloating, jaundice, premature signs of aging.
- Other (explain)

5. Effects on Family

- Tension/conflict between any family members, including yourself, regarding your use. Include physical as well as verbal/emotional tension/conflict.
- Isolating from family, not participating in family activities.
- Loss of trust by spouses, significant others, parents, children.
- Violating family values/expectations.
- Any form of separation from family including running away when younger, divorce, separation from significant other, not maintaining contact with extended family over time.
- Other (explain)

6. Effects on Social Life

- Avoiding non-using friends/activities/places.
- Social activities revolve around chemical use.
- Only feels "comfortable" in social situations when using.
- Isolating yourself from family or friends.
- Stop doing hobbies (i.e. working out, reading, drawing, etc.) because of use.
- Relying on alcohol or drugs to relax instead of talking/being with others.
- Identifying "fun" and "good times" with using.
- Attempts to maintain a "positive image" for others to conceal use and/or usage pattern.
- Chemical becomes your "best friend."
- Evaluating the quality of or interest in friends based on use...theirs as well as yours.
- Other (explain)

7. Effects on Spiritual Life

- Violating values/morals/ethics in order to use.
- Feeling unworthy/unimportant/undeserving of things
- Loss of hope for self, others and future.
- Separation from spiritual traditions/community.
- Unresolved grief over losses in life.
- Loss of connection with a "higher power."
- Loss of sense of purpose in life.
- Feeling unforgiven for using-related behavior/experiences.
- Other (explain)

8. Effects on School

- Using in school.
- Skipping classes/days in order to use.
- Lack of interest in school as interest in using increases.
- Poor grades or drop in grades.
- Discipline related to using including informal "verbal" warnings as well as suspensions and/or expulsion.
- Dropping out of school including high school, college and training programs.
- Disobedience/defiance toward authorities.
- Other (explain)

9. Effects on Work

- Using before, during and/or after work.
- Absence related to use including calling off when hung-over or use of disability leave.
- Possessing chemicals at work.
- Any job-related discipline related to use including warnings, suspensions and getting fired.
- Any referral to an Employee Assistance Program service.
- Thinking about using while working.
- Other (explain)

10. Effects on Finances

- How much money do you spend on chemicals each week/month/year? (*might need a calculator to do this*)
- What things have you cut back on/got rid of in order to have money for chemicals including paying bills late, cutting back on holiday/birthday celebrations/presents to have money for use, moving to decrease rent, etc.
- Goods/services your family went without to provide money for your use.
- Using money in savings or investments for use.
- Cashing out insurance policies, retirement plans or other resources to use or cover using related expenses such as insurance premiums, legal expenses, medical expenses, etc.
- Using credit cards and other loans for expenses.
- Other (explain)

11. Legal Effects

- Committing crimes (whether or not you got caught).
- Possession of chemicals.
- Trafficking or distribution of chemicals.
- Driving under the influence, each incident whether or not you got caught.
- Probation violations related to use.
- Child welfare/custody issues.
- Any arrests related to use in any way.
- Other (explain)

12. Sexual Effects

- Increased sexual activity resulting from use.
- Decreased sexual activity resulting from use.
- Using related dysfunction including temporary impotence.
- Engaging in unprotected sex.
- Any incidents of sexual aggression, abuse or violence associated with use.
- Sexually transmitted infections associated with use.
- Pregnancies associated with use.
- Engaging in sexual activity to get chemicals or "pay back" someone for chemicals.
- Sexual activity while in blackout, in lack of memory about partners or activities.
- Using sexual activity to soothe emotional pain.
- Other (explain)

13. Effects on Thinking and Feelings

- Blackouts.
- Any impairment or loss of memory.
- Confusion.
- Difficulty with attention and concentration.
- Isolation and withdrawal from others.
- Suicidal thoughts/attempts to kill yourself.
- Depression or anxiety related to use.
- Low self-esteem.
- Any prior counseling with mental health or addiction professionals, agencies or institutions associated with chemical use in any way.
- Incidents in which you attempted to change your feelings or mood with chemicals.
- Incidents about which you feel guilt and/or shame.
- No longer taking medications for mental health issues because of fear of how they would interact with your drug use.
- Other (explain)

What did you learn from completing this inventory?
