

Other Drug Use

One way to decide how continued use of drugs other than opioids impacts your life is to list the negative effects you experience as a result of using other drugs (e.g., alcohol, cocaine, benzodiazepines, tobacco). You may also find it helpful to list the positive effects you experience from abstaining from other drug use. Finally, developing a plan to help reduce or eliminate your exposure to other drugs may ultimately help you avoid the problems associated with drug use and increase your access to the positive effects of living a drug-free lifestyle.

List the negative effects you experience as a result of using other drugs:

For example, "My continued use of drugs may make it *more* difficult for me to remain abstinent from opioids."

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

List the positive effects you experience from abstaining from other drug use:

For example, "If I stop using drugs I may be able to hold a steady job more easily because I won't be hung over all of the time."

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What can I do to help reduce or eliminate my exposure to other drugs?

For example, "I can start disulfiram (Antabuse) therapy to eliminate my alcohol use."

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____