

Before/After Comparison: Substance and/or Alcohol Use Patterns

Date: _____

Instructions: Use this worksheet to reflect on your experiences before and after changing your substance or alcohol use. Fill in each section with details that capture your use patterns, thoughts, feelings, physical sensations, behaviors, and overall impact.

Category	Before Change	After Change
Substances/Amount		
Thoughts		
Emotions		
Physical Sensations		
Behaviors		
Triggers & Cues		
Benefits & Challenges		
Goals & Intentions		
Support & Resources		

Reflection Questions:

What patterns or changes stand out most when comparing before and after?

How have your motivations, goals, or reasons for using shifted?

Which strategies or supports have been most helpful in making these changes?

What challenges remain, and how might you address them moving forward?

