



## MY USE DIARY

DAY	TIME	SITUATION	ABOUT	WHAT WHERE YOUR THOUGHTS	WHAT YOU'RE YOUR FEELINGS/EMOTIONS?	WHAT WERE YOUR PHYSICAL FEELINGS
		Who were you with?	What did you use?	Before you used?	Before you used?	Before you used?
		Where were you?	How much did you use?	After you used?	After you used?	After you used?
		Who were you with?	What did you use?	Before you used?	Before you used?	Before you used?
		Where were you?	How much did you use?	After you used?	After you used?	After you used?
		Who were you with?	What did you use?	Before you used?	Before you used?	Before you used?
		Where were you?	How much did you use?	After you used?	After you used?	After you used?