

FILLING THE VOID

People use drugs or engage in risky behaviors because it helps them fill a void or meet a need that they're not getting somewhere else. The void often leaves people feeling very empty—and feeling empty is hard to cope with. Do you feel empty in a way that makes you want to turn to drugs or risky behaviors? Where does it come from—maybe an experience or physical health condition?

FEELINGS + EXPERIENCES

Fill this box with the feelings (emotional and physical) or experiences you have that make you want to turn to drugs or other risky behaviors. Make notes about where you think these feelings are coming from.



What is the relationship between the feelings and experiences above and the risky business below?

RISKY BUSINESS

Fill this box with the drugs or risky behaviors you engage in to deal with your feelings.

NEW LIFE...NEW BOX

How has using the drug or engaging in the risky behavior caused problems in your life?

Is that something you want to change? Write in "Yes" or "No" and explain why.

Fill this box with the things you want your new life to be filled with. These could be new relationships, new experiences or new skills. Ultimately, you will want to do things that REPLACE the risky behaviors you used to rely on. The best changes are healthy, but give you the same feelings that risky behaviors give you.

