

# DRINK/DRUG DIARY

## ONE 2 ONE ACTIVITY

### Aim:

To be used in a one to one session. This tool can be used by the young person to get an understanding of their drink and/or drug use and how much they are using. This information can then be used to begin to discuss whether the young person thinks there are any problems with the levels he/she is using, and to discuss or inform a referral to a young people's drug service.

### Resources:

Copies of drink/drug diary

### Instructions for facilitators

This tool can be used to keep a record of personal use of a substance. Often people can be vague in explaining their own use, and can underestimate or overestimate how often they are using. This diary can be used for the young person to keep a daily record of when they are using, how much they are using and how they are feeling at the time.

The diary can also be used for a young person to record substances they are using which may be legal or prescribed but still impact on how they feel. This may include caffeine/energy drinks, smoking, over the counter medicines or prescribed medicines.



# Drink/Drug Diary

Week beginning .....

	Morning	Afternoon	Evening
Monday	How did you feel?	How did you feel?	How did you feel?
Tuesday	How did you feel?	How did you feel?	How did you feel?
Wednesday	How did you feel?	How did you feel?	How did you feel?
Thursday	How did you feel?	How did you feel?	How did you feel?
Friday	How did you feel?	How did you feel?	How did you feel?
Saturday	How did you feel?	How did you feel?	How did you feel?
Sunday	How did you feel?	How did you feel?	How did you feel?