

Look back at your answers for the 'My experience of substances' exercise and underline the ones that show what needs you are trying to meet through drinking or taking drugs. These are usually in box 1 (the things that seem positive about substances) and box 4 (the things that might be difficult about making change). Add these to the table below and then consider other ways to meet these needs.

## EXERCISE: MEETING MY NEEDS IN OTHER WAYS

| <b>The things that I am trying to get out of drugs/alcohol are:</b> | <b>Other ways I could meet this need are:</b><br><br><i>(Think about who might support you, and how to use skills and learning from other chapters of this book, particularly Chapters 4, 7, 12, 13 and 14)</i> |
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