

Understanding Substance Use

The more you understand about your loved one's use, the more you will be prepared to help. Answer the following questions to learn more about why the person you care about drinks or uses drugs. (Accompanies page 8 of Section 4.)

What kind of substance does your loved one use?

When does use occur? Does your loved one use on particular days or times? For example, does he/she use right after work?

Who does he/she drink or use drugs with? For example, does he/she drink alone or with friends?

Where does he/she use? For example, does he/she use at home, in bars, or at a friend's?

Why do you think he/she uses? For example, is it to relieve stress or ease depression?

How do you know he/she has used? For example, does he/she seem more irritable? Have bloodshot eyes? Slur words?