

SELF-OBSERVATION FORM

It is important to record your use **while you're using or soon thereafter**. If you use this chart to record, use one row for each time you use.

Day/Date	Time of Day for each use	Drink/Drug Type(s)	Amount	Where*	With Whom*	Mood(s)*

*See examples on the back of this form.

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WHERE	WITH WHOM	MOOD
1. Tavern/Bar	1. Alone	1. Happy
2. Restaurant	2. Relatives/Family	2. Outgoing
3. Club	3. Men friend(s)	3. Romantic/Sexy
4. Own residence	4. Women friend(s)	4. Relaxed
5. Other's residence	5. Friends of both/any gender	5. Desire to celebrate
6. Work/school	6. Stranger or people you met after you began using	6. Sad
7. Fraternity/Sorority	7. Other (specify)	7. Depressed
8. Social event (e.g. Wedding, sports event)		8. Shy/Self-conscience
9. In a car		9. Angry
10. Outdoors		10. Stressed
11. Others (specify)		11. Restless/Bored
		12. Lonely
		13. Anxious
		14. Other (specify)

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