







Substance use safety planning reflection tool










- When life happens and events challenge our equilibrium, it can be harder to stick to our goals and easier to default to well-known ways of coping or managing situations.
- One way of coping may be to use substances as the default response. It can be due to a build-up of stressors, feelings and situations that we have felt unable to manage. Understanding this means we can make plans, learn skills and organise extra support.

Reflect on what contributes to you:

- lapsing or relapsing after a period of abstinence
- having cravings or thoughts about substances
- Feeling indecisive and vulnerable
- using more drugs than planned
- using in a way that puts us at risk

Circle the one that's relevant for you or add your own.

 <p>Performance goal What is your goal around substance use? E.g. To stay in detox for five days</p>	 <p>The tipper What tips you over, away from your goal? What happened last time? E.g. Anxiety: I started getting anxious and couldn't sleep so I left detox at day three.</p>	 <p>Mastery goal A goal to help me through <i>the tipper</i> and support me with my substance use goal. It could be to develop skills, strategies and techniques, or actively challenge beliefs you have about yourself. E.g. Anxiety management: Regularly practice anxiety management techniques for two weeks before going to detox.</p>
<p>What has been happening within me (internal triggers)?</p> <ul style="list-style-type: none"> • Emotions and feelings • What are you feeling emotionally and physically? • What are you thinking? • Physical sensations – this includes numbness, pain, nauseous because of anxiety • Mental health • Self-care – HALTS <p> My goal around substance use is:</p>	<p>What has been happening in my environment (external triggers)?</p> <ul style="list-style-type: none"> • Housing – safe and stable • Violence • Who are you with – Other people using substances • Where are you (ex. home, friend's house, work/study place) - consider high risk situations <p> What tips me from my goals?</p>	<p>What has been happening in my significant relationships?</p> <ul style="list-style-type: none"> • Partners • Friends • Recovery peer group • Substance using peer group • Family • Employer/Educator <p> I need to master</p>

 <p>What has been happening within me?</p>	 <p>What has been happening in my environment?</p>	 <p>What has been happening in my significant relationships?</p>
 <p>Places E.g. hearing a song, walking past a particular building, watching TV</p>	 <p>Times of the day When do you usually use? E.g. first thing in the morning, I think about having a cigarette</p>	 <p>Times of the year/Days of significance E.g. in winter I isolate, anniversaries, birthdays, Christmas</p>
 <p>Plan A</p>	 <p>Plan B</p>	 <p>Overdose prevention + Harm minimisation</p>