

Substance Use History Timeline

Mapping board · Recovery Timelines · The Recovery Files

Printable fill-in version: write your answers on the lines. The interactive board, its charts and your saved entries stay in the app.

Substance Use History Progression Timeline

Crisis Resources: 988 Lifeline (call/text 988) • SAMHSA: 1-800-662-4357 • Crisis Text: HOME to 741741

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Substance Use History Progression Timeline

Substance Use History

A guided journey through your life stages — mapping how addiction developed, progressed, and impacted every area of your life. Understanding the path you've walked is the foundation for the road ahead.

Why Map Your History?

Addiction is a progressive disease. It doesn't happen overnight — it unfolds across years and decades, touching every part of your life. The disease is sneaky: it distorts your memory, minimizes consequences, and whispers "It wasn't that bad." This tool is designed to help you see the full picture that addiction tried to hide.

By walking through each stage of your life — from childhood through the present — you'll begin to see the patterns of progression: how use escalated, how consequences mounted, how denial deepened, and how the disease systematically dismantled the life you were building.

This is not about shame. This is about truth, understanding, and building a foundation for lasting recovery. Your history is your most powerful teacher — but only if you're willing to look at it honestly.

Your Life Stages

Childhood & Early Adolescence

Birth - 13

Family environment, early experiences, ACEs, first exposure to substances, family history of addiction

High School Years

14 - 17

Peer influence, identity formation, first regular use, academics, sports, social development

Young Adulthood

18 - 25

Independence, college/military/work, escalation, new substances, forming adult identity

Late Twenties

25 - 30

Career building, marriage, children, escalation vs. responsibilities, consequences mounting

The Thirties

30 - 40

Consequences compounding, health declining, relationships strained, denial deepening or cracking

The Forties

40 - 50

Chronic consequences, health crises, accumulated losses, possible treatment/recovery or deeper decline

The Fifties

50 - 60

Long-term consequences, health deterioration, grief over lost years, possible late recovery

Sixty & Beyond

60+

Legacy, long-term health, late-life recovery, wisdom gained, making peace, giving back

12 Life Domains Tracked

For each life stage, you'll explore how addiction affected these areas — with guided prompts to help you remember honestly.

Substances Used

Relationships & Family

Employment / Education

Legal Consequences

Physical Health

Mental Health

Financial Impact

Housing & Living Situation

Social & Spiritual Life

Attempts to Control Use

Attempts to Quit / Abstinence

Treatment & Recovery Support

A Note on Safety & Self-Care

Reviewing your substance use history can surface painful memories and intense emotions. Go at your own pace. You don't have to complete everything in one sitting. If you're in treatment, consider working through this with your counselor or therapist.

988 Suicide & Crisis Lifeline: Call or text 988 | SAMHSA Helpline: 1-800-662-4357 | Crisis Text Line: Text HOME to 741741

Let's Begin

First Name or Initials (optional)

Birth Year (helps calculate calendar years)

☐ Your timeline saves to this device and to your account. It is never shared without your consent.

Substance Use History Progression Timeline Builder

☐ Birth - 13 ☐ 14 - 17 ☐ 18 - 25 ☐ 25 - 30 ☐ 30 - 40 ☐ 40 - 50 ☐ 50 - 60 ☐ 60+

Life Stages

Select a Life Stage

Choose a stage from the sidebar to begin.

Substance Use History Progression Timeline Timeline

No Timeline Data Yet

Set severity levels in the Builder to see your visual timeline.

Substance Use History Progression Timeline Patterns, Insights & Reflections

Looking across your entire life — what does the progression reveal?

Stages with Active Use

Peak Severity Reached

Life Domains Affected

Treatment Episodes Noted

Looking at the Big Picture

Now that you've mapped your history across all life stages, sit with these deeper questions.

How did your substance use progress across the stages of your life? What pattern do you see when you step back?

Look at the severity chart. Did it climb steadily? Were there jumps? Plateaus? What drove the escalation?

Take your time with this question...

What has addiction cost you — across your entire lifetime? What can never be recovered? Relationships, time with children, careers, health, trust, self-respect, dreams, years of your life...

Take your time with this question...

How did the stories you told yourself evolve from stage to stage? How did denial deepen? Compare what you wrote in "What I Told Myself" across the stages. See the progression of rationalization.

Take your time with this question...

Looking at all your attempts to control or quit — what do they tell you about the nature of this disease?

Could someone without a disease need all those rules, attempts, and strategies? What does that pattern reveal?

Take your time with this question...

What recurring patterns repeat across different stages of your life?

Relationship patterns, emotional triggers, cycles of escalation and consequences, geographic cures, broken promises...

Take your time with this question...

When did you first know — really know, deep down — that you had a problem? And how long did you keep going after that?

There's often a gap between knowing and acting. What kept you in that gap?

Take your time with this question...

You survived everything on this timeline. What does that say about your strength and resilience?

Recovery asks you to turn that same survival energy toward healing. What strengths can you bring forward?

Take your time with this question...

What needs to be fundamentally different this time? What has your history taught you about what you need?

Not just "try harder" — what structural, relational, and spiritual changes are necessary?

Take your time with this question...

"Understanding where you've been is the foundation for knowing where you're going.

Your history is not your destiny — it's your teacher."

This timeline is a living document. Return to it as your recovery deepens and new insights emerge.

Substance Use History Progression Timeline

Childhood & Early Adolescence

Ages Birth - 13

☐ **N/A — No use during this period**

Overall Severity of Substance Use & Consequences During This Stage

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis ☐ Hide Stage-Specific Reflection Questions (10)

1. What was your family environment like growing up?
2. Was there substance use, addiction, or mental health issues in your family?
3. Did you experience any adverse childhood experiences (abuse, neglect, household dysfunction)?
4. Were you exposed to substances at an early age? In what context?
5. Did you first try any substances during this time? Which ones? What was it like?
6. How would you describe your emotional life as a child?
7. Were there traumatic events that happened during childhood?
8. What did you learn about substances, coping, and emotions from your family?
9. Were there protective factors — people, activities, or strengths — during this time?
10. If you could describe your childhood in one sentence, what would it be?

Life Domains

Click each domain to expand. Use guided prompts to help you remember details. Rate the severity and write your story.

All substances used during this period — types, amounts, frequency, route

Hide Guided Prompts

1. What substance(s) were you using during this stage of life?
 2. How did your use change from the beginning to the end of this period?
 3. Did you switch from one substance to another? What drove that change?
 4. How much were you using? How often? What was a 'typical' day or week?
 5. Did you experience tolerance — needing more to get the same effect?
 6. Were you using alone, with others, or both? Did that shift?
 7. How were you obtaining the substance(s)? Did that become more desperate over time?
 8. Did you experience withdrawal symptoms when you couldn't use?
 9. Were there substances you told yourself you'd 'never' try — and then did?
- Substances Used During This Stage (select all)

☐ Alcohol ☐ Marijuana / Cannabis ☐ Cocaine / Crack ☐ Heroin ☐ Fentanyl ☐ Prescription Opioids (Oxy, Vicodin, Percocet) ☐ Methamphetamine ☐ Benzodiazepines (Xanax, Valium, Klonopin) ☐ MDMA / Ecstasy / Molly ☐ LSD / Psychedelics / Mushrooms ☐ PCP / Angel Dust ☐ Inhalants (huffing, whippets) ☐ Prescription Stimulants (Adderall, Ritalin) ☐ Synthetic Cannabinoids (K2 / Spice) ☐ Kratom ☐ Nicotine / Tobacco / Vaping ☐ Over-the-Counter Medications (DXM, diet pills) ☐ Anabolic Steroids ☐ GHB / Date Rape Drugs ☐ Ketamine ☐ Bath Salts / Novel Psychoactives ☐ Caffeine (problematic use) ☐ Other

Pattern of Use

First Exposure / Experimentation

☐ Social / Recreational Only ☐ Weekend / Occasional Use ☐ Regular Use (multiple times/week) ☐ Binge Pattern ☐ Daily Use ☐ Heavy Daily Use / Around the Clock ☐ IV / Injection Use ☐ Smoking / Freebasing ☐ Poly-substance Use (mixing) ☐ Maintenance / Using to Feel Normal ☐ Using to Avoid Withdrawal ☐ Secretive / Hidden Use

Using Alone

Impact Level — Substances Used

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Substances Used

Describe what was happening with substances used during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Partners, marriages, children, family dynamics, friendships, losses

Hide Guided Prompts

1. Who were the important people in your life during this stage?
2. How did your substance use affect your closest relationships?
3. Did you lose any relationships because of your use? Who? What happened?
4. Were you honest with your partner/family about your use — or hiding it?
5. Did anyone enable your use? Did anyone try to intervene?
6. How did you respond when loved ones confronted you or expressed concern?

7. Did children witness your use or its consequences?
8. Were there divorces, separations, or custody issues during this time?
9. Who did you push away? Who stayed despite everything?

Impact Level — Relationships & Family

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Relationships & Family

Describe what was happening with relationships & family during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Jobs held, school performance, career trajectory, firings, promotions

Hide Guided Prompts

1. Where were you working or going to school during this period?
2. How did your substance use affect your performance?
3. Did you miss work, school, or important responsibilities?
4. Were you using at work or school? Before? During? After?
5. Were you fired, disciplined, or forced to resign because of your use?
6. Did anyone at work notice or say something?
7. How did your career trajectory change because of your use?
8. Were there lost promotions, demotions, or missed opportunities?
9. How many jobs did you go through during this period?

Impact Level — Employment / Education

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Employment / Education

Describe what was happening with employment / education during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Arrests, DUIs, charges, incarceration, probation, custody issues

Hide Guided Prompts

1. Were you arrested during this period? For what?
2. Did you receive any DUI/DWIs or driving-related charges?
3. Were you on probation, parole, or court-supervised release?
4. Did you appear in drug court or other specialty courts?
5. Were there restraining orders, protective orders, or custody battles?
6. Did you engage in illegal activity to support your use?
7. Were there pending legal matters hanging over your head?
8. Did legal consequences change your behavior — or did you keep using anyway?
9. How much money was spent on legal fees, fines, and court costs?

Impact Level — Legal Consequences

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Legal Consequences

Describe what was happening with legal consequences during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Medical problems, overdoses, injuries, hospitalizations, neglect of health

Hide Guided Prompts

1. Did you experience health problems related to your use during this period?
2. Were you hospitalized or treated in an emergency room?
3. Did you overdose? How many times? Did you receive Narcan?
4. Were you taking care of basic needs — eating, sleeping, hygiene?
5. Did you have accidents or injuries while under the influence?
6. Were you honest with your doctors about your substance use?
7. Did you notice physical changes — weight, appearance, energy, skin?
8. Were you prescribed medications? Did you take them as prescribed — or misuse them?
9. Were there medical warnings you ignored?

Impact Level — Physical Health

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Physical Health

Describe what was happening with physical health during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Depression, anxiety, trauma, suicidal ideation, psychiatric care

Hide Guided Prompts

1. How was your mental health during this period?
2. Did you experience depression, anxiety, panic attacks, or mood swings?
3. Were you using substances to cope with emotional pain, trauma, or stress?
4. Did you have thoughts of self-harm or suicide?
5. Were you receiving psychiatric care or therapy?
6. How did your substance use interact with your mental health symptoms?
7. Did you experience paranoia, hallucinations, or detachment from reality?

8. Were you prescribed psychiatric medications? Did you take them properly?

9. What were you trying to escape, numb, or avoid?

Impact Level — Mental Health

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Mental Health

Describe what was happening with mental health during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Income, debts, bankruptcy, spending on substances, financial ruin

Hide Guided Prompts

1. How much money were you spending on substances during this period?
2. Were you able to pay your bills and meet financial obligations?
3. Did you borrow money, steal, sell possessions, or engage in other behaviors to fund your use?
4. Were there bankruptcies, foreclosures, repossessions, or collections?
5. Did you lose savings, retirement funds, or investments?
6. How did financial stress affect your use patterns — did it make you use more?
7. Did you hide financial problems from family or partners?
8. What was your income vs. what you were spending on substances?

Impact Level — Financial Impact

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Financial Impact

Describe what was happening with financial impact during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Where you lived, stability, homelessness, evictions, couch-surfing

Hide Guided Prompts

1. Where were you living during this period? Was it stable?
2. Did you lose housing because of your substance use?
3. Did you experience homelessness, couch-surfing, or sleeping in cars?
4. Was your living environment safe and healthy?
5. Were you living with other people who used substances?
6. Did you move frequently? Were you running from consequences?
7. Were there evictions, being asked to leave, or choosing to leave?
8. Did you ever live in a sober house or halfway house?

Impact Level — Housing & Living Situation

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Housing & Living Situation

Describe what was happening with housing & living situation during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Social circles, isolation, community, hobbies lost, spiritual disconnection

Hide Guided Prompts

1. Who were you spending time with during this period?
2. Did your social circle change — did you drop 'normal' friends for using friends?
3. Did you become more isolated and withdrawn?
4. Were you involved in any community, church, or organized activities?
5. Did you withdraw from hobbies and activities you once enjoyed?
6. Were the people around you also using substances?
7. Did you feel like you belonged anywhere — or were you increasingly alone?
8. What did your social life look like compared to before your use escalated?

Impact Level — Social & Spiritual Life

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Social & Spiritual Life

Describe what was happening with social & spiritual life during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Rule-setting, switching substances, cutting back, bargaining, geographic cures

Hide Guided Prompts

1. Did you try to set rules or limits around your use during this period?
2. What rules did you make? ('Only on weekends,' 'Only beer,' 'Only after 5pm,' 'Never alone')
3. Were you able to follow your own rules? For how long before they broke down?
4. Did you switch substances thinking a different one would be easier to control?
5. Did you try geographic cures — moving, changing jobs, leaving relationships to 'start fresh'?
6. Did you try to limit to certain people, places, or situations?
7. Looking back, what do your attempts to control tell you about your disease?
8. How did it feel when your rules failed — and what did you tell yourself?

Impact Level — Attempts to Control Use

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Attempts to Control Use

Describe what was happening with attempts to control use during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Periods of sobriety, "cold turkey" attempts, white-knuckling, motivation

Hide Guided Prompts

1. Did you try to stop using completely during this period?
2. What motivated your attempt(s) to quit?
3. How long were you able to stay abstinent each time?
4. What happened that led to a return to use — what was the trigger?
5. Did you experience withdrawal? How severe? Did you need medical help?
6. Did you try to quit on your own or with help?
7. How many times did you try to quit during this period?
8. What did you learn from each attempt — even if it didn't last?

Impact Level — Attempts to Quit / Abstinence

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Attempts to Quit / Abstinence

Describe what was happening with attempts to quit / abstinence during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Rehab, detox, counseling, 12-step, MAT, sober living, aftercare

Hide Guided Prompts

1. Did you enter any form of treatment during this period?
2. What type? (Inpatient, outpatient, IOP, detox, PHP, counseling, MAT, etc.)
3. How long were you in treatment? Did you complete the program?
4. What was helpful about the treatment?
5. What wasn't helpful — what was missing?
6. Did you attend AA, NA, SMART Recovery, or other mutual support groups?
7. Were you prescribed recovery medications (Suboxone, Vivitrol, Naltrexone, Antabuse, etc.)?
8. Was treatment your choice — or was it mandated, forced, or ultimatum-driven?
9. What would you have needed at that time that you didn't get?

Impact Level — Treatment & Recovery Support

☐ —No Use / N/A ☐ 1Minimal Impact ☐ 2Mild Consequences ☐ 3Moderate Impact ☐ 4Severe Consequences ☐ 5Life-Threatening / Crisis

Your Story — Treatment & Recovery Support

Describe what was happening with treatment & recovery support during Childhood & Early Adolescence...

Significant Events / Consequences

List specific events, consequences, or turning points...

Stage Reflections

Key Events & Consequences This Stage

What were the most significant things that happened?

Turning Points & Escalation Moments

When did things get worse? What lines did you cross?

What I Told Myself — The Lies & Justifications

What stories did addiction tell you? How did you rationalize continued use?

What Others Noticed That I Couldn't See

What were people around you saying, doing, or worrying about?

Emotional Landscape

What were the predominant emotions? What was underneath the surface?

Previous Stage

☐ Next Stage ☐ Next >Timeline

High School Years

Ages 14 - 17

1. When did you first use substances during high school — and what was it?
2. Who introduced you? What was the context?
3. How quickly did occasional use become more regular?
4. How did substance use affect your grades, sports, or extracurricular activities?

5. Did your parents or guardians know about your use?
6. Were you fitting in, acting out, self-medicating, or thrill-seeking?
7. Did you get in trouble at school or with the law during this time?
8. What peer group did you identify with? How did that influence your use?
9. Were there warning signs that you or others dismissed or minimized?
10. Looking back, what would you tell your high school self?

Describe what was happening with substances used during High School Years...

Describe what was happening with relationships & family during High School Years...

Describe what was happening with employment / education during High School Years...

Describe what was happening with legal consequences during High School Years...

Describe what was happening with physical health during High School Years...

Describe what was happening with mental health during High School Years...

Describe what was happening with financial impact during High School Years...

Describe what was happening with housing & living situation during High School Years...

Describe what was happening with social & spiritual life during High School Years...

Describe what was happening with attempts to control use during High School Years...

Describe what was happening with attempts to quit / abstinence during High School Years...

Describe what was happening with treatment & recovery support during High School Years...

Young Adulthood

Ages 18 - 25

1. What happened when you left the structure of home/school? How did your use change?
2. Did you go to college, military, or straight to work? How did that environment affect your use?
3. Were new substances introduced during this period? What and why?
4. Did use that seemed 'normal' in college or early adulthood start to become problematic?
5. Were you able to manage responsibilities — or were cracks starting to show?
6. Did you form significant relationships during this time? How were they affected?

7. Were there consequences you explained away or minimized?
8. Did anyone express concern about your use? How did you respond?
9. Was there a moment when 'fun' started becoming 'need'?
10. What freedoms of early adulthood enabled your use to escalate?

Describe what was happening with substances used during Young Adulthood...

Describe what was happening with relationships & family during Young Adulthood...

Describe what was happening with employment / education during Young Adulthood...

Describe what was happening with legal consequences during Young Adulthood...

Describe what was happening with physical health during Young Adulthood...

Describe what was happening with mental health during Young Adulthood...

Describe what was happening with financial impact during Young Adulthood...

Describe what was happening with housing & living situation during Young Adulthood...

Describe what was happening with social & spiritual life during Young Adulthood...

Describe what was happening with attempts to control use during Young Adulthood...

Describe what was happening with attempts to quit / abstinence during Young Adulthood...

Describe what was happening with treatment & recovery support during Young Adulthood...

Late Twenties

Ages 25 - 30

1. Were you building a career, starting a family, or taking on adult responsibilities?
2. How did increasing responsibilities conflict with your substance use?
3. Did your use escalate even as the stakes got higher?
4. Were there marriages, children, or major commitments during this period?
5. Did you start leading a 'double life' — presenting one face to the world while hiding your use?
6. Were consequences becoming harder to hide or explain away?

7. Did you make promises to yourself or others that you couldn't keep?
8. Were there moments of clarity or windows where you saw the truth?
9. How did you justify continuing to use despite growing consequences?
10. What opportunities were lost during these years because of your use?

Describe what was happening with substances used during Late Twenties...

Describe what was happening with relationships & family during Late Twenties...

Describe what was happening with employment / education during Late Twenties...

Describe what was happening with legal consequences during Late Twenties...

Describe what was happening with physical health during Late Twenties...

Describe what was happening with mental health during Late Twenties...

Describe what was happening with financial impact during Late Twenties...

Describe what was happening with housing & living situation during Late Twenties...

Describe what was happening with social & spiritual life during Late Twenties...

Describe what was happening with attempts to control use during Late Twenties...

Describe what was happening with attempts to quit / abstinence during Late Twenties...

Describe what was happening with treatment & recovery support during Late Twenties...

The Thirties

Ages 30 - 40

1. How did your substance use in your 30s compare to your 20s? What changed?
2. Were consequences compounding — legal, financial, relational, health?
3. Were you still able to function, or was your ability to 'hold it together' failing?
4. Did your health start showing the effects of years of use?
5. Were there separations, divorces, or custody battles?
6. Did you lose jobs, careers, or professional standing?

7. Were you trying to control or manage your use — and failing?
8. Did you enter treatment for the first time during this period?
9. How deep was your denial? What stories were you telling yourself and others?
10. Were your children affected? In what ways?

Describe what was happening with substances used during The Thirties...

Describe what was happening with relationships & family during The Thirties...

Describe what was happening with employment / education during The Thirties...

Describe what was happening with legal consequences during The Thirties...

Describe what was happening with physical health during The Thirties...

Describe what was happening with mental health during The Thirties...

Describe what was happening with financial impact during The Thirties...

Describe what was happening with housing & living situation during The Thirties...

Describe what was happening with social & spiritual life during The Thirties...

Describe what was happening with attempts to control use during The Thirties...

Describe what was happening with attempts to quit / abstinence during The Thirties...

Describe what was happening with treatment & recovery support during The Thirties...

The Forties

Ages 40 - 50

1. By your 40s, what had addiction accumulated in terms of losses and consequences?
2. Were there serious health crises — hospitalizations, overdoses, chronic conditions?
3. How many relationships had been damaged or destroyed?
4. Were you still working, or had employment become unstable or impossible?
5. Had the legal consequences mounted?
6. Were there multiple treatment attempts? What kept bringing you back to use?

7. Did you experience moments of desperation, hopelessness, or hitting bottom?
8. Were there people still trying to help you — or had most given up?
9. How did you see yourself at this point? What was your self-image?
10. Was there a turning point during this decade — or a deepening of the disease?

Describe what was happening with substances used during The Forties...

Describe what was happening with relationships & family during The Forties...

Describe what was happening with employment / education during The Forties...

Describe what was happening with legal consequences during The Forties...

Describe what was happening with physical health during The Forties...

Describe what was happening with mental health during The Forties...

Describe what was happening with financial impact during The Forties...

Describe what was happening with housing & living situation during The Forties...

Describe what was happening with social & spiritual life during The Forties...

Describe what was happening with attempts to control use during The Forties...

Describe what was happening with attempts to quit / abstinence during The Forties...

Describe what was happening with treatment & recovery support during The Forties...

The Fifties

Ages 50 - 60

1. What does the accumulated impact of decades of use look like in your 50s?
2. How has your physical health been affected by long-term substance use?
3. Are there relationships that can never be repaired? How do you carry that?
4. Are there grandchildren or family milestones you've missed or been excluded from?
5. Have there been significant medical diagnoses related to your use?
6. Is there grief over lost years, lost potential, lost relationships?

7. Did recovery finally take hold during this period — or did the disease continue?
8. What does it mean to face aging while dealing with addiction?
9. Were there final 'wake-up calls' that broke through the denial?
10. What would your life have looked like without addiction?

Describe what was happening with substances used during The Fifties...

Describe what was happening with relationships & family during The Fifties...

Describe what was happening with employment / education during The Fifties...

Describe what was happening with legal consequences during The Fifties...

Describe what was happening with physical health during The Fifties...

Describe what was happening with mental health during The Fifties...

Describe what was happening with financial impact during The Fifties...

Describe what was happening with housing & living situation during The Fifties...

Describe what was happening with social & spiritual life during The Fifties...

Describe what was happening with attempts to control use during The Fifties...

Describe what was happening with attempts to quit / abstinence during The Fifties...

Describe what was happening with treatment & recovery support during The Fifties...

Sixty & Beyond

Ages 60+

1. What does addiction look like in this stage of life?
2. Are there new substances or patterns — prescription medications, alcohol in isolation?
3. How has your physical health been affected by a lifetime of use?
4. What legacy has addiction left on your family across generations?
5. If you're in recovery, what does it mean to find sobriety later in life?
6. What wisdom have you gained that you wish you'd had earlier?

7. Are there amends to make, relationships to rebuild, or peace to find?
8. How do you want to spend the time you have left?
9. What do you want the next generation to know about addiction?
10. If your story could help one person, what would you want them to hear?

Describe what was happening with substances used during Sixty & Beyond...

Describe what was happening with relationships & family during Sixty & Beyond...

Describe what was happening with employment / education during Sixty & Beyond...

Describe what was happening with legal consequences during Sixty & Beyond...

Describe what was happening with physical health during Sixty & Beyond...

Describe what was happening with mental health during Sixty & Beyond...

Describe what was happening with financial impact during Sixty & Beyond...

Describe what was happening with housing & living situation during Sixty & Beyond...

Describe what was happening with social & spiritual life during Sixty & Beyond...

Describe what was happening with attempts to control use during Sixty & Beyond...

Describe what was happening with attempts to quit / abstinence during Sixty & Beyond...

Describe what was happening with treatment & recovery support during Sixty & Beyond...