

Life of Use History

Comprehensive addiction history timeline

Printable worksheet · 8 parts

Name _____ Date _____

Life of Use History Worksheet

The Recovery Files - Embrace, Empower & Evolve

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This worksheet is for personal recovery work and should be shared with your treatment team.

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PART 1 OF 8

Introduction

Understanding Your Journey Through Addiction

Purpose of This Exercise

This comprehensive worksheet will help you create a detailed timeline of your substance use history, examining how addiction has influenced different areas of your life over time. By mapping out this journey, you'll gain insights into patterns, consequences, and the progression of your addiction.

What You'll Explore:

- Your complete substance use timeline from childhood to present
- How addiction impacted relationships, career, finances, and health
- Core values and how they shifted during active addiction
- Personal triggers and relapse warning signs
- A comprehensive recovery self-assessment

Remember: This exercise requires honesty and self-reflection. Take your time, be thorough, and consider sharing your completed worksheet with your counselor, sponsor, or treatment team for additional insights.

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PART 2 OF 8

Background & Family History

Family History of Addiction

List family members (parents, grandparents, siblings, aunts/uncles) who had problems with alcohol or drugs. Include their relationship to you and substance of choice if known.

Example: Maternal grandfather - alcoholic, died from cirrhosis...

Genetic Predisposition Understanding

Based on your family history, describe your understanding of genetic factors in your addiction.

What role do you think genetics played in your addiction?

The Cucumber to Pickle Concept

Once a cucumber becomes a pickle, it can never go back. Similarly, once the addicted brain develops, it remains permanently changed. How does this concept apply to your experience?

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Use Timeline

Substance Use Timeline

Complete each life period that applies to you. Be specific about substances used, frequency, amounts, and how your use evolved over time.

Early Years (Before Age 12)

Adolescent Years (Ages 12-18)

Young Adult Years (Ages 19-30)

Adult Years (Ages 31-54)

Mature Adult Years (55+)

Previous Treatment History

List all previous treatment attempts, including dates, type of treatment, length of stay, and what happened afterward.

Example: March 2020 - 28-day inpatient at XYZ Center, completed program, relapsed after 3 months...

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Consequences Analysis

Comprehensive Consequences Analysis

Identify specific consequences you've experienced in each area. Be thorough - understanding the full impact helps strengthen motivation for recovery.

Physical Health

Common examples:

Liver damageHeart problemsWeight changesSleep issuesInjuries while intoxicated

Mental/Emotional Health

Common examples:

DepressionAnxietyMemory problemsParanoiaEmotional instability

Relationships

Common examples:

Divorce/breakupsLoss of friendshipsFamily estrangementTrust issuesDomestic problems

Financial

Common examples:

Job lossDebtBankruptcySpending on substancesLost opportunities

Legal

Common examples:

DUI/DWI Arrests Probation Child custody issues Professional license problems

Spiritual/Values

Common examples:

Loss of purpose Moral compromises Abandoning beliefs Shame and guilt Loss of integrity

Impact on Decision Making

Describe how addiction influenced your decision-making process. Include examples of choices you made that you wouldn't have made if not for your addiction.

Examples of poor decisions, compromised judgment, priorities that shifted...

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Core Values Assessment

Identify Your Five Core Values

What principles or beliefs are most important to you when you're living authentically?

1

Value 1

2

Value 2

3

Value 3

4

Value 4

5

Value 5

Values in Active Addiction

How did your behavior shift away from these core values during active addiction? Provide specific examples.

How addiction compromised Value #1 - (not set):

How addiction compromised Value #2 - (not set):

How addiction compromised Value #3 - (not set):

How addiction compromised Value #4 - (not set):

How addiction compromised Value #5 - (not set):

Living Your Values in Recovery

How can you realign with your core values in recovery? What specific actions will demonstrate these values?

Concrete ways to live according to your values...

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Triggers & Warning Signs

Triggers & Relapse Warning Signs

Your Five Primary Triggers

Identify specific situations, emotions, people, or places that trigger cravings or thoughts of using.

1

Trigger 1

2

Trigger 2

3

Trigger 3

4

Trigger 4

5

Trigger 5

Five Relapse Warning Signs

What early warning signs indicate you might be heading toward relapse? These often appear before actual use.

1

Warning sign 1

2

Warning sign 2

3

Warning sign 3

4

Warning sign 4

5

Warning sign 5

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PART 7 OF 8

Recovery Self-Assessment

Recovery Self-Assessment Scoring System

The Recovery Files - Comprehensive Treatment Progress Evaluation

Scoring Guide & Instructions

How to Use This Assessment

- 1. Complete the Pre-Treatment assessment honestly, rating yourself on each metric
- 2. Each domain (Social, Biological, Psychological, Spiritual) is worth 25 points
- 3. Rate each metric from 0-5 based on your current functioning
- 4. Complete the Post-Treatment assessment at the end of treatment
- 5. View the Comparison tab to see your progress

Scoring Scale (0-5)

Not Started

No awareness or effort in this area

1. Minimal

Beginning awareness, rare implementation

2. Developing

Occasional practice, inconsistent

3. Moderate

Regular practice with some lapses

4. Good

Consistent practice, mostly integrated

5. Excellent

Fully integrated into daily life

Grade Scale

A90-100 points - Excellent recovery

B80-89 points - Good recovery

C70-79 points - Moderate recovery

D60-69 points - Early recovery

FBelow 60 points - Needs support

Note: Lower scores at pre-treatment are normal and expected. This assessment measures growth and progress, not perfection.

☐ Pre-Treatment Assessment ☐ Post-Treatment Assessment ☐ Progress Comparison

Pre-Treatment Assessment

Complete this assessment at the beginning of treatment. Be honest about where you are currently - lower scores are normal and expected when entering treatment.

Pre-Treatment Score

0/100

Grade: F

Social 0/25

Biological/Physical 0/25

Psychological/Mental 0/25

Spiritual 0/25

Social

Relationships, support systems, and community connection

0/25

Points

Biological/Physical

Physical health, self-care, and biological well-being

0/25

Points

Psychological/Mental

Mental health, emotional regulation, and cognitive functioning

0/25

Points

Spiritual

Spiritual connection, values, and life purpose

0/25

Points

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Summary & Action Plan

Key Insights from Your History

What are the most important patterns or realizations from completing this worksheet?

Major patterns, turning points, insights gained...

The Catalyst for Change

What finally brought you to seek recovery? What's different this time?

Your motivation and what makes this attempt different...

Recovery Action Plan

Immediate Actions (Next 7 Days)

Specific steps you'll take this week...

30-Day Goals

What you want to accomplish in your first month...

Support System Activation

Who will you reach out to? How will you build your support network?

Commitment Statement

Write a personal commitment to your recovery journey.

I commit to my recovery because...

Remember

Recovery is a journey, not a destination. This worksheet represents your past, but it doesn't define your future. Every day in recovery is an opportunity to align your actions with your values and build the life you deserve.