

ABC's of Substance Abuse

BEFORE/Triggers (what comes BEFORE you drink alcohol or use drugs)

Behavior (what happens WHILE you drink alcohol or use drugs)

Consequence (what happens AFTER you drink alcohol or use drugs)

<u>EXAMPLES</u>		
<u>Before Use</u> <i>Feeling angry-had a conflict with my family.</i>	<u>BEHAVIOR during</u> <i>Went to nearby bar, drank, and got into argument.</i>	<u>CONSEQUENCE after</u> <i>Thrown out of bar.</i>
<u>Before Use</u> <i>Wife doesn't understand me and thinks I am different.</i>	<u>BEHAVIOR during</u> <i>Drank at the bar until I was very drunk and all my money is gone.</i>	<u>CONSEQUENCE after</u> <i>Yell at my wife and send her away.</i>
<u>YOUR Situation</u>		
<u>Before Use</u>	<u>BEHAVIOR during</u>	<u>CONSEQUENCE after</u>
<u>Before Use</u>	<u>BEHAVIOR during</u>	<u>CONSEQUENCE after</u>