

One reason, one small step

A brief reflection for adults exploring substance-use change. Complete with a counselor or support person, at your own pace.

A substance-use decision or change I am considering:

One thing that matters to me, and how it connects to this decision:

One reason I might choose change, or one question I still have:

A strength or support I could draw on:

One small action or exploration step, and when I will revisit it:

You may skip prompts or choose further reflection instead of action. Educational support only; not a medical or withdrawal-management plan. Breaking the Bond | Prepared for Kayla Bond, LCDC. Free sample may be shared intact without charge.