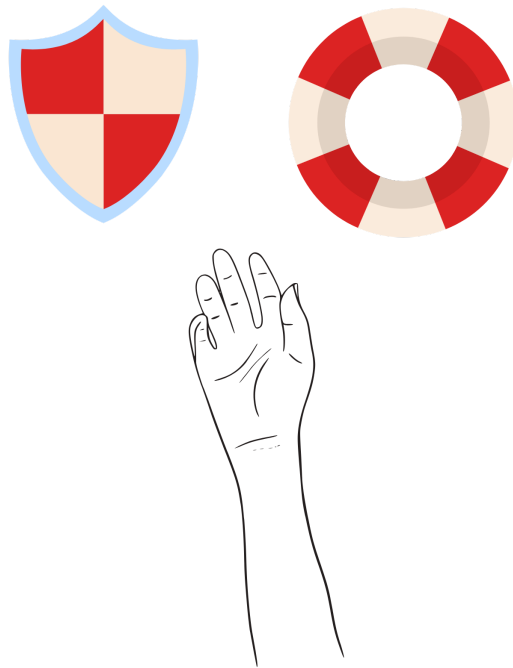


Harm Reduction Worksheets

Let's begin your exploration into harm reduction through these worksheets.

Before we delve into the activities laid out before us, let us take a moment to grasp the essence of harm reduction. Harm reduction seeks to minimize the negative consequences associated with substance use, without necessarily requiring abstinence. It acknowledges the complexities of addiction and substance use, emphasizing pragmatic strategies aimed at reducing risks and promoting health and well-being.

As you engage with each activity, you'll gain valuable insights into your triggers, goals, and coping mechanisms. Let's embark on this journey together, equipped with introspection and determination, as we work towards healthier and more empowered choices.



This material consists of five worksheets:

Worksheet 1: Identifying Triggers for Substance Use

This worksheet assists in recognizing and understanding the various triggers that lead to substance use, empowering you to develop strategies for managing these triggers effectively.

Worksheet 2: Hitting the Target

Through goal-setting activities and visualizations, this worksheet guides you towards establishing clear and achievable objectives in your journey towards harm reduction.

Worksheet 3: Support Network Tree

By mapping out your support system, this worksheet helps identify key sources of support and reinforcement in your efforts to reduce harm associated with substance use.

Worksheet 4: Melodies of Progress: Your Harm Reduction Playlist

This creative activity encourages you to curate a personalized playlist of empowering songs that inspire and motivate you along your harm reduction journey.

Worksheet 5: Tuning Progress: Harm Reduction Review

Designed for reflection and evaluation, this worksheet prompts you to review your progress towards harm reduction goals, identifying successes, challenges, and areas for adjustment or improvement.

Identifying Triggers for Substance Use

Name:

Sex:

Age:

Instruction: Please complete the following worksheet to identify triggers that contribute to substance use.

When do you usually crave or use substances?	What emotions are you experiencing before using substances?
Are there specific people or places that increase your desire to use substances?	
Do certain activities or routines trigger your substance use?	Are there any thoughts or beliefs that lead you to use substances?
How might I alter my approach in the future to prevent engaging in the behavior I am striving to modify?	

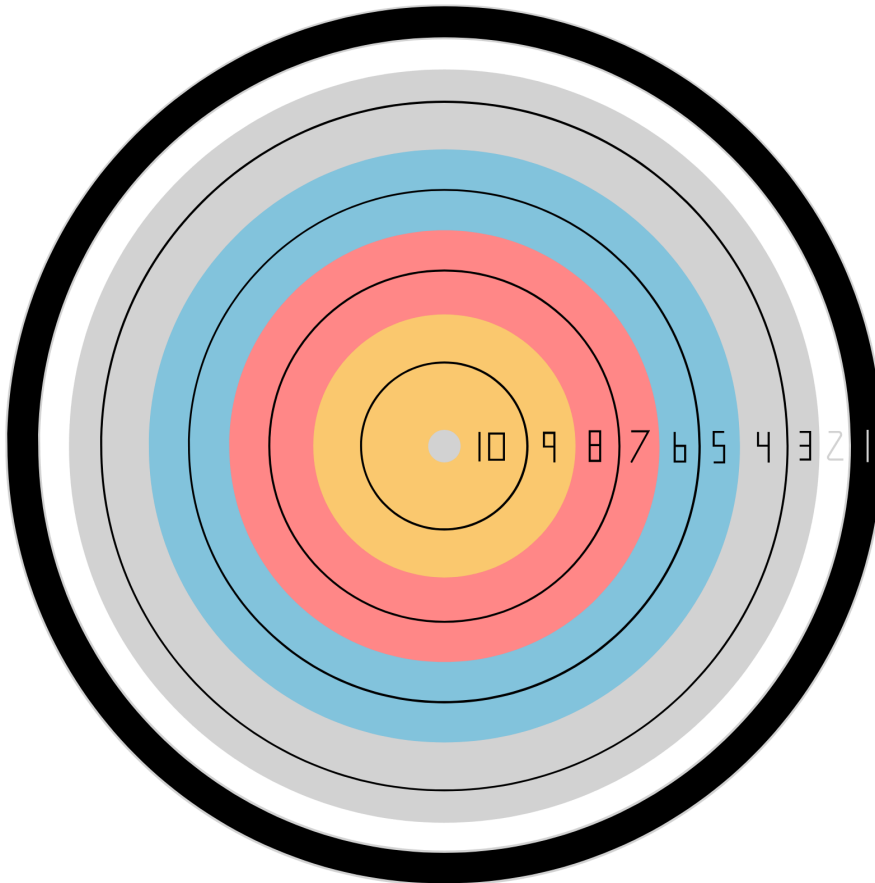
Hitting the Target

Name:

Sex:

Age:

Instruction: Draw arrows directed towards the target. On the shaft of each arrow, write your specific goals (e.g., reducing substance use). This visual representation will help you focus on your objectives and visualize the steps needed to achieve them.



If unable to draw arrow, please list the goals in this space according to their numbered priority.

10:	5:
9:	4:
8:	3:
7:	2:
6:	1:

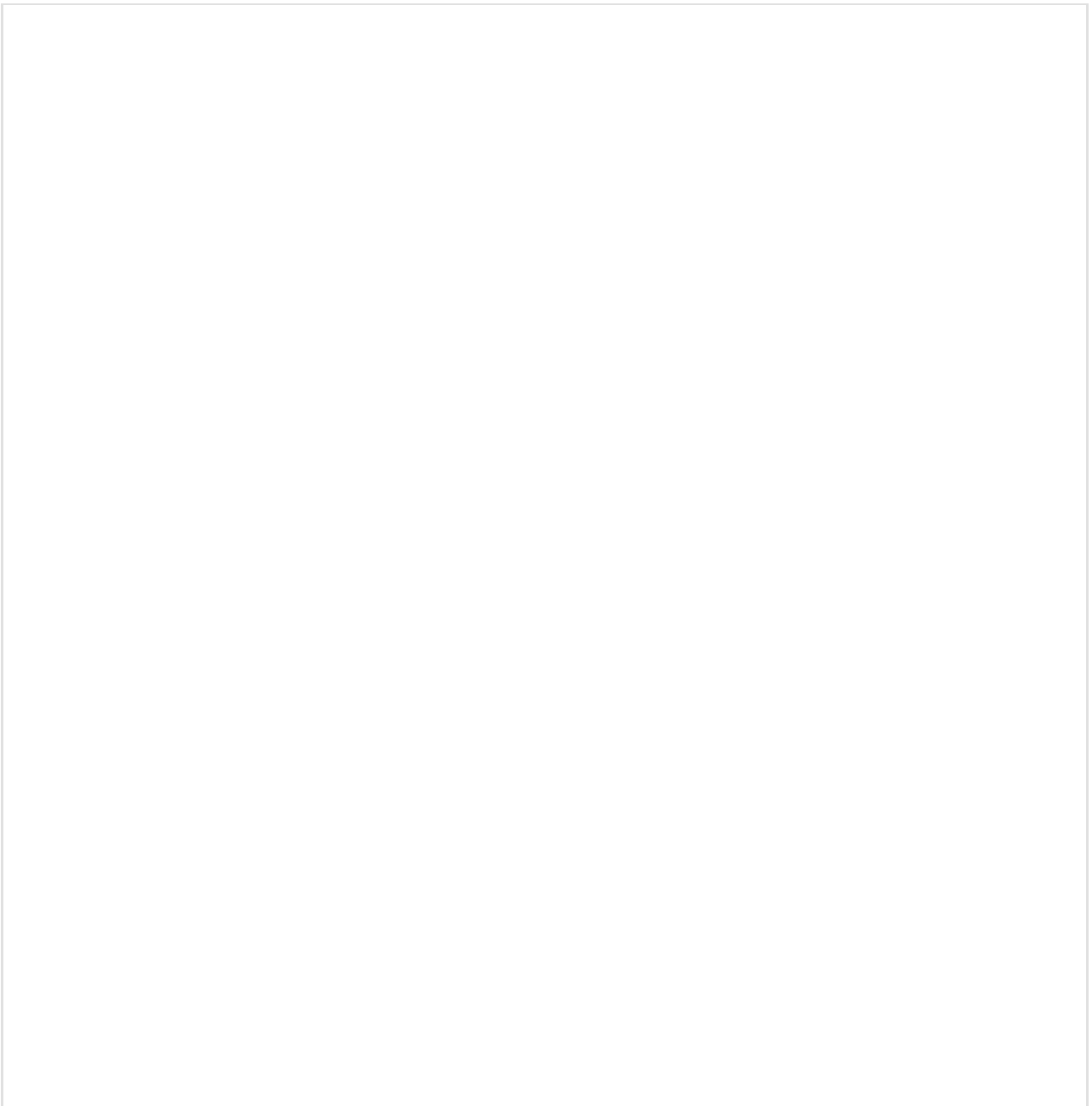
Support Network Tree

Name:

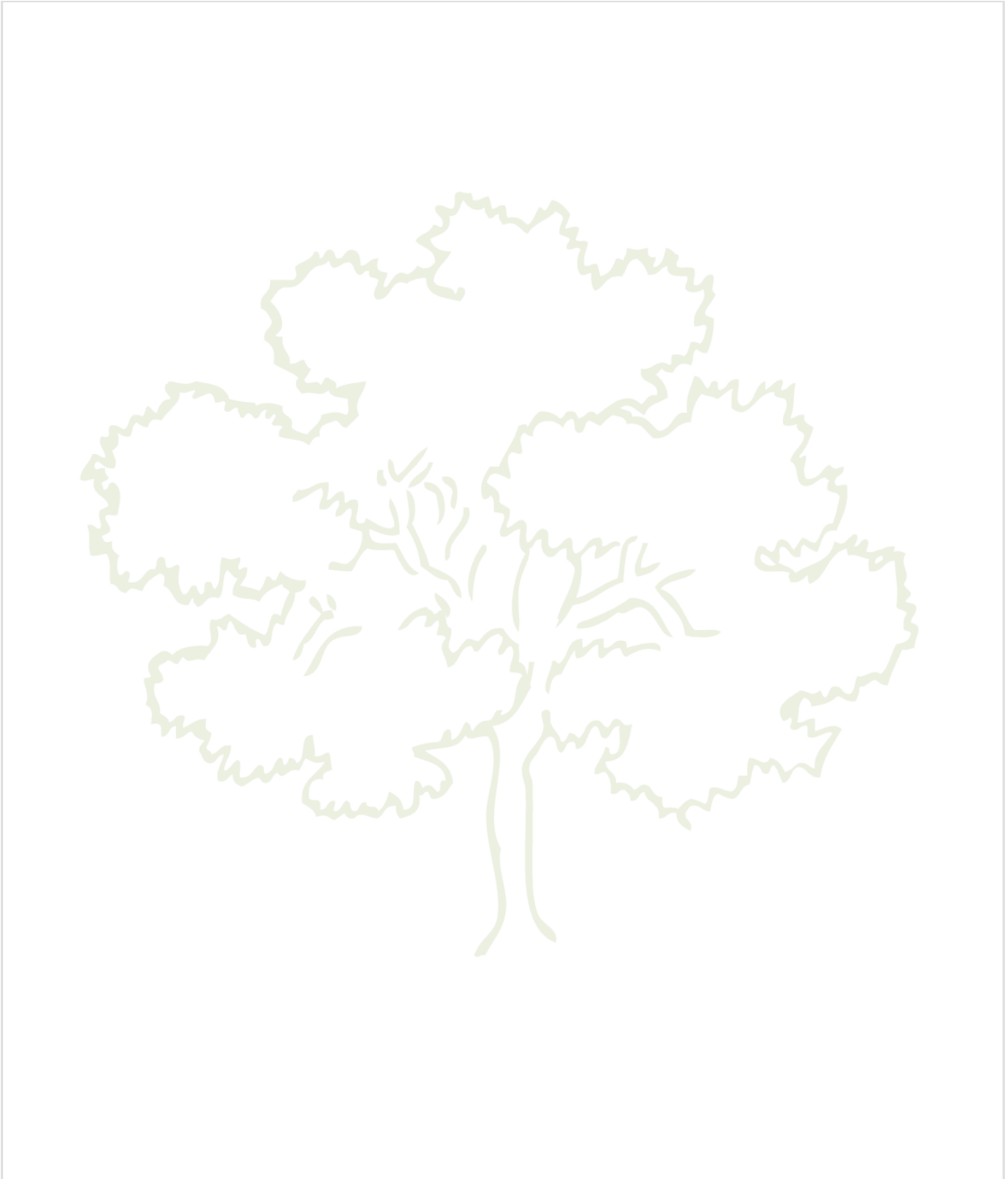
Sex:

Age:

Instruction: Get creative and design a visual representation of your support network using a tree metaphor. Start by drawing a tree trunk and branches. Write the names of your support network members on the branches and decorate the tree with leaves, each representing a different aspect of support they provide (e.g., emotional support, practical assistance, understanding). Display your Support Network Tree somewhere visible as a reminder of the people who are there to help you on your journey towards harm reduction.

A large, empty rectangular box with a thin black border, intended for the user to draw their Support Network Tree. The box occupies the majority of the lower half of the page.

If you are unable to draw the tree, please write the names of the members in this illustration:



Melodies of Progress: Your Harm Reduction Playlist

Name:

Sex:

Age:

Instructions: Reflect on your journey towards harm reduction, create a playlist representing its different aspects, and write brief descriptions for each song. Share the playlist with someone you trust, discussing the significance of each song, and use it for self-reflection and motivation in your harm reduction efforts.

Song	What it reminds me

Tuning Progress: Harm Reduction Review

Name:

Sex:

Age:

Instruction: Use the following questions to reflect on your progress towards harm reduction goals.

1. How have my substance use patterns changed since I began focusing on harm reduction?

2. What strategies have been most effective in reducing harm associated with substance use?

3. Have I encountered any challenges or setbacks in my journey towards harm reduction? If so, how have I addressed them?

4. How do I feel about my progress overall? What aspects am I proud of, and where do I see room for improvement?

5. Have I noticed any improvements in other areas of my life as a result of focusing on harm reduction?

6. Are there any new insights or lessons learned that I can apply to further enhance my harm reduction efforts?