

## Solution-Focused Substance User's Competency Worksheet

1. When are you now able to manage your use of substances even though it would be easy to overuse or abuse them?
2. How did you accomplish this? (List three things you did to get started.)
3. When are you now able to refuse the use of substances even though they are available (without much effort) for you to use?
4. How do you accomplish this? (List three things you did to get started.)
5. How do these activities help you not drink or help you cut down on your use?
6. Who else notices that you are trying to make progress?
7. What would they say you have done that explains this progress you have made?
8. Suppose you decide to do even more of what is already working—in three words, what will you be doing that you are not doing now?
9. What will other people notice that will explain this continued program?
10. What will you do today to keep this progress going?