Let’s find out how your mood affects your use of drugs or alcohol. Can you remember a time when you…

- Felt down or depressed?
  
  **and then**

- Used drugs or alcohol, even though you were trying not to?

1. What was the situation? (For example, when did you use, where were you, and who were you with?)

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2. What kinds of **thoughts** were you having **before** you used? (For example, “It’s useless to even try anymore.”)

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