

My Stress/Usage Scales

The substance/behavior I am misusing is _____

This is week # ____ Week of _____
 (Dates Sunday-Saturday)

My goal for this week in terms of usage level is _____

Date _____

Day Sun Mon Tue Wed Thur Fri Sat

Stress Level

Please measure your stress for the day at the end of each day with 1-3 being low stress, 4-6 being moderate stress, and 7-10 being high stress

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							

Usage Level

Please measure your usage for the day at the end of each day. 0-3 being none to low usage, 4-6 being moderate usage, and 7-10 being high usage. You will have to interpret each level of usage for your substance

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
0							