

## WORKSHEET FOR UNDERSTANDING MY DRUG USE

### Questions you might ask your doctor today:

What kind of effects should I expect if I cut back or quit using drugs?

Do you think I should talk to someone in particular at this clinic about my drug issues?

<i>What I <u>like</u> about drugs</i>	<i>What I <u>don't like</u> about drugs</i>

*How might my life be if I continue to use drugs?*

*How might my life be if I cut back or quit using drugs?*

*What are my next steps?*

### If you choose to use drugs, here are ways to stay safer:

- ✓ Separate drug use from responsibilities like work, driving, or appointments.
- ✓ Avoid mixing different drugs together or mixing drugs with alcohol.
- ✓ Consider a pager-connect instead of buying on the street.
- ✓ Take HIV medicines before getting high.
- ✓ Make sure you have condoms on hand before you use drugs.
- ✓ Know your surroundings when you use; avoid using when you're alone.
- ✓ Know your tolerance. Being away from using for even a short time can decrease your tolerance to the drug. This might mean using a smaller amount after a break from using the drug.
- ✓ If you inject, try a tester shot, for instance, half a dose, to see how strong the drug is and how your body reacts to it.

### Resources

For information and support about cutting back or quitting drugs, call *Alameda County ACCESS* at 1-800-491-9099. You can also call *East Bay Community Recovery Project* at (510) 446-7120.