



Use Journal

Name: _____ Start Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Night							

For more helpful recovery tools and informational booklets visit our website.

www.WellbeingTrackers.com

*This tool is free for all to use and share. You are wholly responsible for your use of this tool.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer at the end of this document before using this tool.*

Instructions

Step 1: Every day note when you use.

Morning is sunrise to noon.

Afternoon is noon to sunset.

Evening is sunset to midnight.

Night is midnight to sunrise.

Step 2: Add up the total number of sections where use occurred each week and plot it on the chart.

Step 3: Reflect on your progress and think of a small, practical step you can take to use less, and more safely, over the coming week.

Step 4: Repeat steps 1-3.

Consider discussing your Use Journey with supportive people you trust.

Consider using the Use Journal as a part of a team or group.

While you are recovering it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.

When you are feeling better consider progressing on to a Wellbeing Tracker. There are many different ones to choose from and they are available from our website.

Whatever way you use this tool use it in a way that feels right to you - that's the key!

*This tool is free for all to use and share. You are wholly responsible for your use of this tool.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer at the end of this document before using this tool.*

IMPORTANT INFORMATION

Read this page before using this Use Journal.

Disclaimer

1. The creator of this tool is not responsible for, and expressly disclaims all liability for, damages or harm of any kind arising out of use, reference to, or reliance on it. Any reliance you place on this tool is strictly at your own risk.
2. The Use Journal is not to be used for professional advice. You should not rely on the it as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health, addiction or physical health concern you should consult with the relevant professionals for support and guidance.
3. The information, including any recommendations, on this tool only represent the author's opinion and are not to be taken as professional advice. You should not rely on the information on this tool as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health, addiction or physical health concern you should consult with the relevant professionals for support and guidance.
4. No assurance of any kind is given that using this tool will improve a person's wellbeing or help them recover from a mental health or addiction concern.
5. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
6. The creator of the Wellbeing Trackers, Recovery Trackers, informational booklets and tools available from the website - www.WellbeingTrackers.com - takes no responsibility for how you use them or any consequences of your use of them. This disclaimer applies fully to this tool and PDF document.
7. This tool is not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with the appropriate professional. If you wish you may use it as an integrated part of treatment or as a complimentary support for treatment.
8. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.

This tool is free for all to use and share. You are wholly responsible for your use of this tool.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer at the end of this document before using this tool.

Permissions

1. These tools are free for all to use and share.
2. You do not have permission to alter these feedback tools, the protected cells of the MS-Excel spreadsheets and electronic PDF documents, in any way.
3. You do not have permission to create a digital version of these feedback tools and forms.
4. You do not have permission to copy all or any portion of the PDF files or MS-Excel files into any other documents or files. You must get permission from the copyright holder before doing this.



Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

www.WellbeingTrackers.com

*This tool is free for all to use and share. You are wholly responsible for your use of this tool.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer at the end of this document before using this tool.*