LIFE STORY OUTLINE

Timeline: ^---------- I ----------^---------- II ----------^ III

BIRTH — FIRST ALCOHOL/DRUG EXPERIENCE — TODAY (The present)

REMEMBER: A good life story includes feelings, details, and memorable events.

Part I : Birth until your first alcohol/drug experience:

Provide a brief overview of your childhood, home life, and relationships with family and friends. Include your family's attitude and involvement with drinking/drug use.
What were some significant things you went through and how did you feel when you were growing up?

Part II: Your first alcohol/drug use experience until the present (Your using history). Include:

- What was your first experience with alcohol/drugs? Who were you with? How did you feel?
- How has your use progressed since your first experience? For example, you can progress in drug type (marijuana to acid to coke, for example), or in frequency and amount (one blunt a week at 13, to an eighth ounce a day by age 16)
- How did your use affect you? For example mention how it affected various life areas: family, school, friends/relationships, legal, attitude/behavior, thinking, emotions, work, financial, physical, recreation, CONSEQUENCES etc.

Part III : How do you feel today?

How do you feel today about:

- Life in general
- Your family
- Life without substance use/abuse
- Your challenges today…and finally how do you feel about your successes and progress?