

Timeline of 'Use'

Answer questions as shown in the boxes below, including related dates and times of the experiences you have had.

<p>Who were you with & what was happening in your life when you used or engaged in the behaviour for the first time?</p>	<p>Date: Answer:</p>
<p>When you realized you had a problem, who were you with? What was happening in your life?</p>	<p>Date: Answer:</p>
<p>Where are you now? How much time has gone into managing this problem?</p>	<p>Date: Answer:</p>
<p>When was the first time you used or engaged in the behaviour? How old were you?</p>	<p>Date: Answer:</p>
<p>How old were you when you realized you had a problem?</p>	<p>Date: Answer:</p>
<p>How old are you now? What would you like your future to look like?</p>	<p>Date: Answer:</p>