

THINKING ABOUT YOUR OWN DRUG USE

A. Working by yourself, answer the following:

1. Do you use substances? If so, where, how much, how often, for what reasons. If not, why not?

2. What did you learn about substance use when growing up?

3. What are your attitudes now about alcohol and drugs?

4. What do you experience when you see a man under the influence of a substance. A woman? Is there a difference?

5. If you are in recovery, do you compare a client's substance use to your own past use? Do you feel safe working with active users? Can you keep perspective?

6. Do you look negatively on substance users even if you have used on occasion yourself?

7. How do you distinguish between social drinking, the use of alcohol in moderation and heavy drinking? Do others measure this differently?

B. With a partner, discuss your responses. Respect each other's privacy and share only what you feel comfortable with. Use the following questions as a guide:

1. What have you learned about your own attitudes, values and beliefs about substance use.
2. How did you feel responding to these questions?
3. How do you think your client might feel when asked questions about their substance use?
4. Have you identified any biases? If so, what can you do about them?
5. What are you most uncomfortable with?
6. Are you aware of what you do not want to share and why?

