

Developing a Rewarding Lifestyle: Timeline Exercise

Major life events:

■ Birth Current ■

Timeline of mental health events:

■ Birth Current ■

Timeline of substance use:

■ Birth Current ■

Development of Beliefs and Assumptions

When (or at what periods) did problematic substance use happen?

Laura Freeman, Ph.D. Addiction Interventions

Where noted these worksheets have been supplied by the NHS Education for Scotland (NES) Core Behavioural and CBT Skills for Relapse Prevention and Recovery Management Course (Laura Freeman, NES, 2011). In order to follow and implement psychosocial interventions effectively, it is recommended that workers should have attended Core Skills training on TURAS.