

Behavior Mapping Exercise

Objective: This exercise is designed to help you identify patterns in your daily routine that may indicate signs of addiction. By creating a visual map of your day, you can gain insight into the times and situations that lead to cravings or substance use, helping you take control of your recovery journey.

Instructions:

• **Create Your Daily Timeline:**

- Draw a timeline across the page, representing your typical day from the moment you wake up until you go to bed.
- Divide the timeline into hourly segments (e.g., 7 AM, 8 AM, 9 AM, etc.).

• **Plot Your Daily Activities:**

- List out your daily activities above the timeline. Include things like meals, work, social interactions, leisure activities, and any other routine events.
- Use symbols or icons (e.g., ☕ for coffee, 🛏 for bedtime, 🏋 for gym) to represent different activities.

• **Mark Substance Use Moments:**

- Identify and mark the times when you typically experience cravings or use substances directly on your timeline.
- Use different symbols or colors to represent:
 - ✦ Substance use (e.g., ⚠)
 - ✦ Cravings (e.g., 🔥)
 - ✦ High-risk triggers that lead to cravings or use (e.g., a stressful meeting at work).

• **Connect Triggers and Behaviors:**

- Draw arrows from the triggers to the moments of substance use to visually connect the cause and effect.
- Color-code the timeline to highlight periods of high-risk behaviors (e.g., use red for times when substance use is more likely to occur).
- *Reflect on the following:*
 - ✦ What activities or situations commonly precede substance use?
 - ✦ Are there certain times of day when I'm more vulnerable?
 - ✦ How does substance use impact the rest of my day?






• **Review and Reflect:**

- Look for patterns: Identify periods of the day where you consistently face challenges related to substance use.
- Note your key insights on the side of the map:
 - ✦ I often crave substances after work due to stress.
 - ✦ I notice that I use substances more on weekends when my routine is less structured.






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Visual Example:





Morning (7 AM - 12 PM)

-  7 AM: Wake up
-  8 AM: Coffee
-  9 AM: Drive to work
-  10 AM: Work
-  11 AM: Craving (trigger: Stressful meeting)

Afternoon (12 PM - 6 PM)

-  12 PM: Lunch
-  1 PM: Work
-  3 PM: Craving (trigger: Boredom)
-  4 PM: Grocery shopping
-  5 PM: Substance use (trigger: Passing by a liquor store)

Evening (6 PM - 11 PM)

-  6 PM: Dinner
-  7 PM: Watch TV
-  8 PM: Substance use (trigger: Alone time)
-  11 PM: Bedtime

Why This Activity?

Behavior Mapping puts you in control, allowing you to visualize your daily routine and the circumstances that may lead to substance use. It's a hands-on, visual method that helps you identify and address the signs of addiction in a way that's engaging and easy to refer back to as you progress in your recovery.

This activity provides a practical tool that you can keep and modify as needed, helping you to recognize and understand your own patterns and take meaningful steps toward change.

My Behavior Map

8am _____

9am _____

10am _____

11am _____

12pm _____

1pm _____

2pm _____

3pm _____

4pm _____

5pm _____

6pm _____

7pm _____

8pm _____

9pm _____

10pm _____