

Substance use stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- I have not used drugs and/or alcohol.
- I can do my usual daily activities at home/work/school.
- My mood feels stable.
- I am sleeping and eating normally.
- I am able to concentrate.
- I am not having withdrawal symptoms.
- I am talking to support people, friends, and/or family.
- _____

How I'll prevent symptoms today

I will:

- Participate in sobriety support (group, individual, etc.).
- Be aware of and avoid triggers.
- Continue my regular exercise.
- Eat a healthy diet.
- Take medications as prescribed.
- Attend medical or behavioral health appointments.
- Participate in a self-care activity.
- _____



Yellow Zone

I'm not feeling good.

- I am having withdrawal symptoms.
- I am having urges and cravings to use substances.
- I have less energy for my daily activities at home/work/school.
- I am feeling more sad or anxious when I don't use drugs or alcohol.
- I like how I feel better when I am using drugs or alcohol.
- I use drugs or alcohol to cope with physical or emotional pain.
- I am having trouble concentrating.
- I am feeling more irritable or angry.
- I feel like it would be better if I didn't wake up.
- I am struggling to talk with support people, friends, and/or family.

Caution!

Take action TODAY. I will:

- Avoid drugs and alcohol.
- Report these symptoms to my doctor/provider without delay.
- Call my provider if my symptoms do not improve.
- Participate in a self-care activity or call my support person.
- Use my safety/relapse plan or create a safety/relapse plan with my doctor/provider.
- Take medications as prescribed.
- Call local crisis resource: _____



Red Zone

I feel awful!

- I am using drugs and/or alcohol daily.
- I am having blackout episodes.
- I am bingeing with drugs and/or alcohol.
- I am not able to complete my daily activities at home/work/school.
- I have had seizures if I don't drink or use drugs.
- I am having thoughts, making plans, or have a way to hurt myself.
- I am feeling overwhelmed by my feelings.
- I am not eating or sleeping.
- I am not taking prescribed medications.

Get help!

Take action NOW:

- **Call/text National Suicide Prevention Lifeline (988).**
- **If you feel unsafe, CALL 911.**
- Call doctor/provider.
- Call my support person.
- Follow safety/recovery plan.
- While getting help, do this:

Substance use stoplight tool

Use the zone stoplight tool to keep track of how you are feeling from day to day. The goal is to live as many days as possible in the **Green Zone**, where you're feeling good and doing the things you want to do. The tool shows you actions to take on days when you're feeling good and on days when you're not feeling good.

Please complete the **recovery support plan** on this page with your doctor or healthcare provider. Then, bring the zone stoplight tool with you every time you visit your doctor or provider so you can talk about it and update it together.



Ascension

[illegible]