

My impact and effort map

Use a recent example. Short notes are enough, and you can leave any question blank. This page supports a conversation; it does not diagnose a condition.

Date / period: _____

Safety first. If you may be dependent on alcohol or another substance, get medical advice before stopping suddenly or making a large reduction. Withdrawal can sometimes be dangerous. Call 000 for a seizure, unconsciousness, abnormal breathing, severe confusion or immediate danger of harm. Do not wait for a routine appointment. In Victoria, DirectLine offers alcohol and other drug counselling and referral on 1800 888 236.

1. What is going well?

Include strengths, responsibilities and support worth protecting.

2. What takes more effort?

Notice recovery time, planning, concealment or things you avoid.

3. What effects concern me?

Consider health, sleep, relationships, money, time or safety.

4. What have I tried?

What happened when you tried to change the pattern?

5. What do I want help understanding?

Choose one question and someone you could discuss it with.

At a later review: what has changed, what is steadier, and what still needs attention?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/functioning-and-hidden-costs/>