

My recent-pattern map

Choose one recent occasion. You can repeat the page for another day, without needing a detailed diary or a personal history you are not ready to share.

Date / period: _____

Safety first. New hallucinations, severe agitation or a marked change in mental state need urgent medical assessment. Call 000 if there is immediate danger, severe confusion, a seizure or abnormal breathing. If you may be dependent, seek medical advice before stopping suddenly or making a large reduction. Do not change prescribed treatment because of this guide. For crisis support, call Lifeline on 13 11 14. For immediate danger, call 000.

1. What was happening beforehand?

Briefly note the situation and approximate timing.

2. How were sleep, mood and stress?

Describe what you noticed in ordinary words.

3. What did I do next?

Include substance use, other coping responses or support.

4. What changed afterwards?

Separate immediate effects from later effects.

5. What remains uncertain?

Write one question for your GP or treating clinician.

What might be useful to discuss, without assuming you already know the cause?

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/substance-use-and-mental-health/>