

# Step 1 – Identifying Life History and Lifestyle Factors

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify both life history and lifestyle factors that have influenced your risk to engage in substance abuse.*

A. List LIFE HISTORY factors (*things that have happened to you in your life*) that have influenced your substance abuse.

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B. List LIFESTYLE factors (*what you do in your spare time, who you hang out with, how you do at work in school, where you live etc.*) that have influenced your substance abuse.

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