11.3

WORKSHEET · CHAPTER 11

What is it doing for me?

For caffeine, nicotine, cannabis or alcohol. No judgment anywhere in this. You don't have to change anything after.

	FIRST	SECOND	THIRD
What is it?			
What is it helping with? *Waking up, feeling alive, quieting the noise*			
What does it cost, and when? *The 4 a.m. wake-up, the worse replay*			
Which side is it feeding? *Stimulation, quiet, or both*			
What else could do that job, even partly? *Chapter 4, chapter 8, a prescriber*			

If you'd like support, the help page at the back says how to find it, wherever you live.

On a bad day: question one only.