

POST-ACUTE WITHDRAWAL SYNDROME (PAWS) WORKSHEET

Use this worksheet to track triggers and symptoms and find healthy coping strategies for your PAWS symptoms. Share your worksheet with your professional support to help them determine additional tools to help you progress.

Identifying Your PAWS Symptoms

What symptoms are you experiencing? _____

How often do they occur? _____

What's their intensity, from 1 (weakest) to 10 (strongest)? _____

Recognizing the Triggers

What people, situations, or feelings trigger your PAWS? *HINT:* Understanding these can help you manage them.

When do these occur? _____

What emotions are you experiencing when triggered?



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What's Your Best Coping Strategy?

List 3 ways you can manage the symptoms. Examples might include yoga, breathing techniques, or calling a safe friend. You should list what works best for YOU!

1) _____

2) _____

3) _____

Recognizing Your Progress

Consider your progress over the past week. What has worked well, and what support do you need? This time of reflection helps you make adjustments for the future.

AFFIRMATION:

I am worth the effort of recovery and deserve to be free of substance use disorder.



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