

## **TASK: SUBSTANCES AS RELAXATION**

### **A. DO YOU USE SUBSTANCES AS A RELAXATION METHOD?**

Estimate how big a role they play in your relaxation.

**2. IF YOU RECOGNISE YOU ARE USING SUBSTANCES TO RELAX, THINK OF OTHER WAYS YOU COULD TRY INSTEAD.**

A large, empty rectangular box with a thin black border, occupying the majority of the page below the instruction. It is intended for the user to write their response to the prompt.