

Investigate the relationship between your depression and your drinking by recording your alcohol use and thoughts and feelings below.

What happened before I drank.	What happened while I drank	How happened after I drank.
What you were doing?	What were you doing?	What were you doing?
How did you feel?	How did you feel?	How did you feel?
Who were you with and where?	Who were you with and where?	Who were you with and where?
What were you thinking?	What were you thinking	What were you thinking?
What did you eat?	What did you eat?	What did you eat?