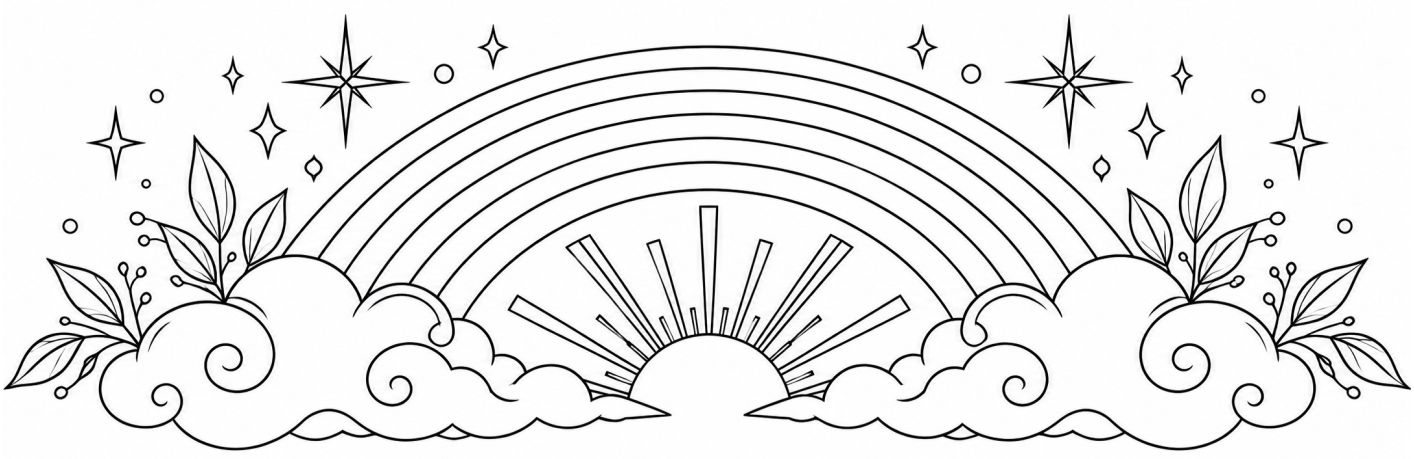
DOPE JOURNAL

Colour Your Own Kind of Care

Harm Reduction Bullet Journal

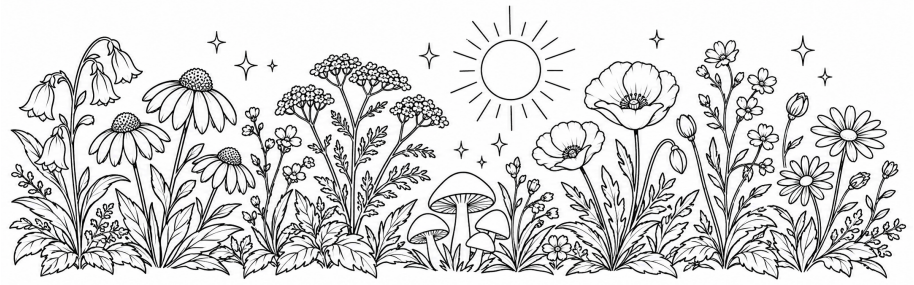
10 undated pages to colour, plan and reflect



This space belongs to...

Name, nickname, symbol - or leave it open.

My pace. My choices. My next small step.

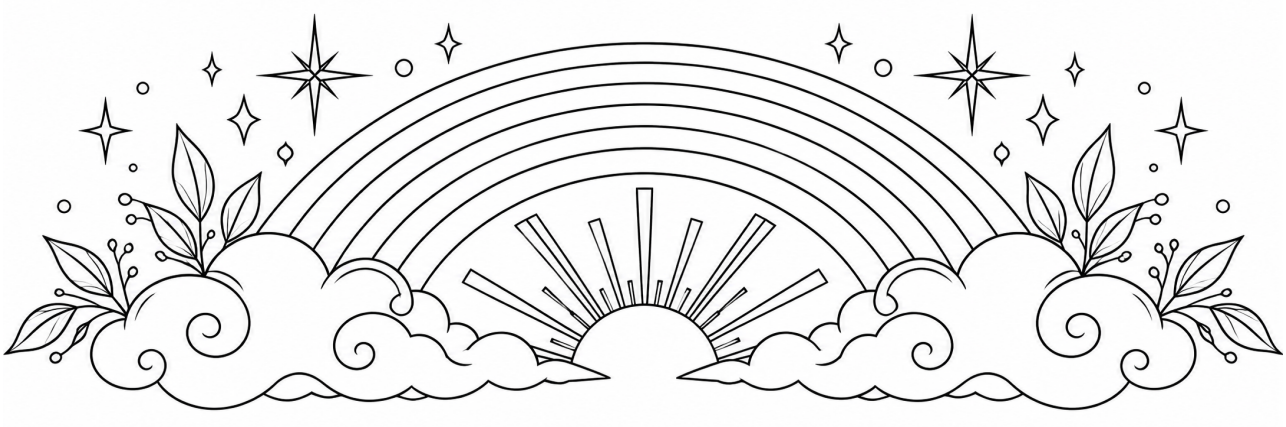


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MY DAY, MY CHOICES

A page for today, however today looks.



Date _____

Right now, I feel...

My body is asking for...

One thing that matters today

One safer choice I can make

A little space for me

Words, symbols, scribbles and blank space all belong here.

MY MOOD COLOURS

Choose your own colours or patterns. A colour is a note, never a grade.



Month _____

My colour key

○ _____ ○ _____ ○ _____ ○ _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Skip dates you do not need. You can come back at any time.

Something I noticed _____

CARE, MY WAY

Food. Rest. Water. Connection. Joy. Choose what matters to you.



Week of _____

Write your own supports. Colour a circle when one helped. Blank is okay.

Something that supports me	M	T	W	T	F	S	S
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○

What would make care easier to access?

Time, money, transport, privacy, support - or something else?

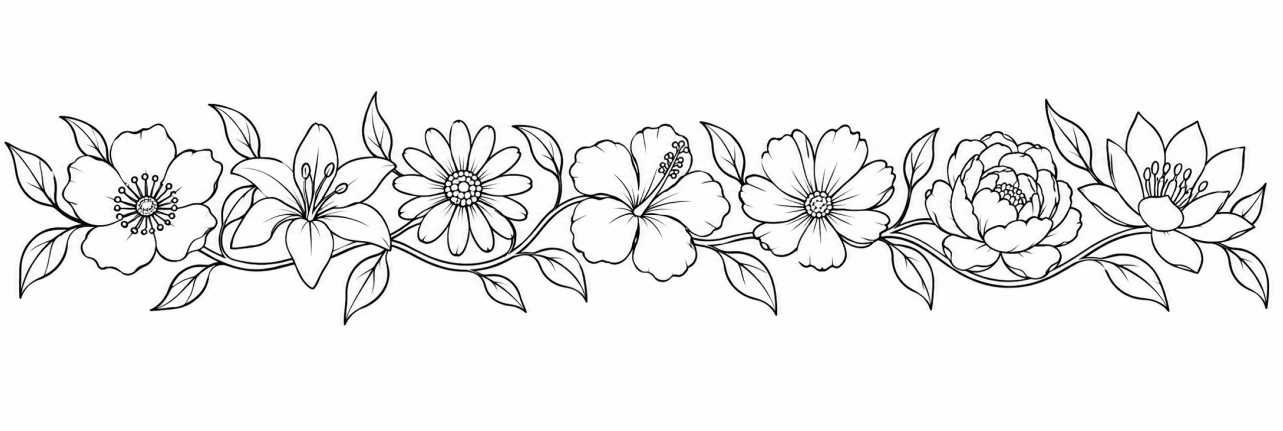
_____

_____

I do not have to earn care.

MY FLEXIBLE WEEK

Make room for plans, rest and a change of mind.



Week of _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Room to move

My symbols: ○ to do X done > move it - let it go

MY HARM REDUCTION PLAN

For me, for someone I care about, or for a situation I might witness.



People who can respond

Who can be with me or answer a call?

A safer setting / a way home

Where could I go? How could I get there?

Naloxone + learning

Where I can get a kit + training

One risk I want to reduce

What has changed? What support could help?

One practical step I choose:

SUSPECTED OPIOID OVERDOSE? CALL 911.

Unable to wake, or breathing slowly, weakly or not at all? Act now.

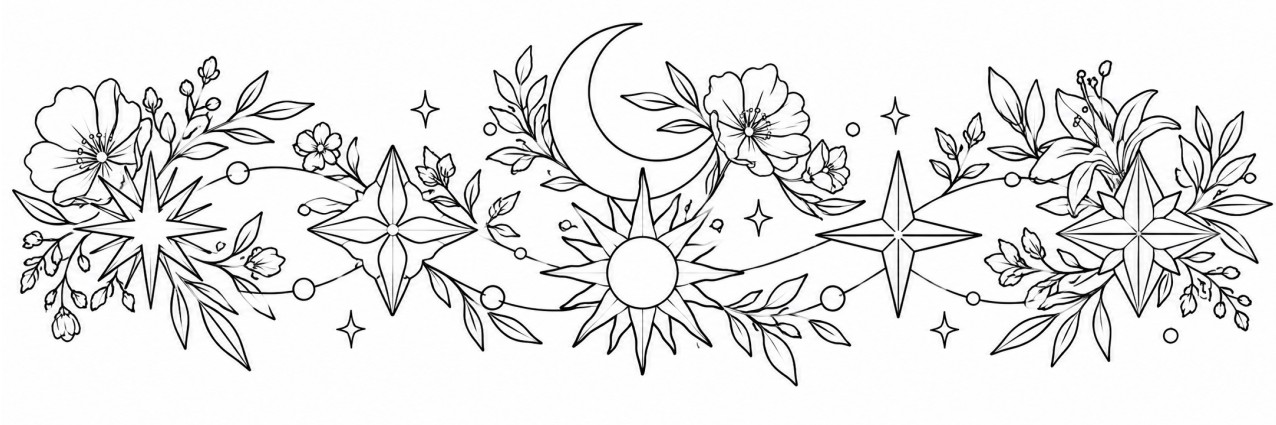
Give naloxone if available. Follow the kit and emergency operator instructions. Stay with the person until help arrives.

Reminder only. Learn overdose response before you need it.

Source: Health Canada, Opioid overdose. Checked 19 October 2026. [Open guidance]

MY SUPPORT CONSTELLATION

Support can be a person, a place, a service or a community.



Only write details you feel comfortable keeping here.

A person I trust

Name / way to reach them

A place I feel welcome

Location / opening hours

Peer or community support

Name / way to connect

Health or practical support

Name / way to connect

How I would like someone to support me

MY VOICE, MY BOUNDARIES

My needs matter. I can ask for respect, space and support.



What feels okay for me / what does not

Words I could use

Try: "I need..." "I am not comfortable with..." "Please ask me first."

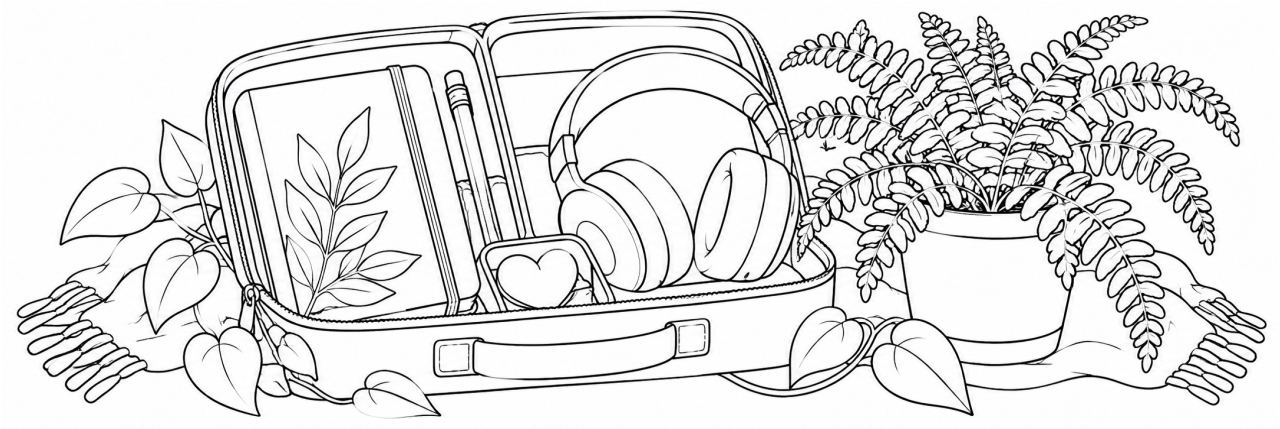
A boundary I want to keep

Someone who can back me up

I DESERVE DIGNITY.

MY PERSONAL TOOLBOX

Keep a few options close. I can choose one, change it or ask for help.



Something that soothes me

Something practical I can do

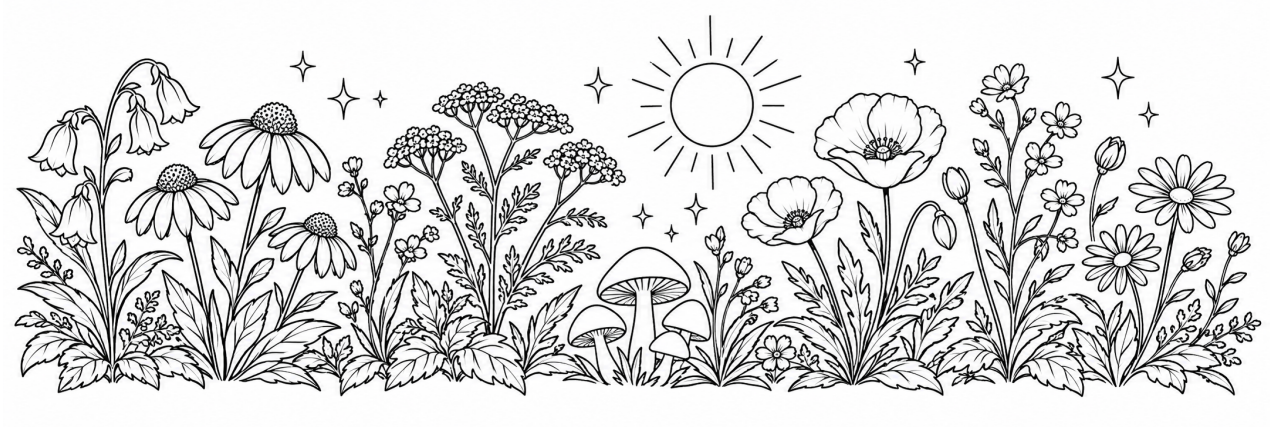
Someone I can reach

Something that brings me joy

When things feel hard, my first small step could be...

SMALL WINS, REAL LIFE

A safer choice, a question, a boundary or a moment of joy can count.



Write or sketch a moment. Colour its star if you want.

☆ _____

☆ _____

☆ _____

☆ _____

☆ _____

What helped these moments happen?

_____

_____

_____

LEARN. ADJUST. CONTINUE.

I can notice what works and choose what comes next.



Looking back on _____

What helped me feel safer?

What made things harder?

Something I want to keep

Something I want to change

My next small experiment / a free space to think

TAKE A MOMENT.
MAKE IT YOURS.



MY LIFE IS BIGGER THAN ANY LABEL.

Safety. Dignity. Choice. Connection.

A note to my future self

Use what helps. Skip what does not. Come back when you want.



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