

EXERCISE: MY EXPERIENCE OF SUBSTANCES

1. What are the things that seem positive about drinking or taking drugs?

(Effect on emotions, health, relationships, behaviour, work, money, free time)

2. What are the things I don't like about drinking or taking drugs?

(Effect on emotions, health, relationships, behaviour, work, money, free time)

3. What things could be positive about reducing or stopping drinking or taking drugs?

(Effect on emotions, health, relationships, behaviour, work, money, free time)

4. What things might be difficult about reducing or stopping drinking or taking drugs?

(Effect on emotions, health, relationships, behaviour, work, money, free time)