

CONSEQUENCE WORKSHEET

Reviewing the negative consequences associated with using alcohol, tobacco, and other drugs can help prevent further use. In addition, having reminders of the benefits related to no use improves motivation.

List negative consequences from your alcohol, tobacco, and other drug use.
Example: After using alcohol I lose self-respect.

1.

2.

3.

4.

5.

List positive consequences from maintaining self control over alcohol, tobacco, and other drugs.
Example: When I don't use alcohol I feel better physically.

1.

2.

3.

4.

5.