



LOOKING BACK: A Self-Reflection

Drugs Worksheet

When you think about drug use overall, what are some of the reasons that people use drugs? Try to organize these in terms of the following areas:

Physical:

Social:

Cognitive / Mental:

Emotional:

When you think about your experience with drugs overall, what words best describe it? For example, think in terms of “extensive,” “limited,” “sheltered,” “wide open,” etc.

- Think about the previous question, and answer it with respect to “prescription drugs.” In what ways does your answer change?
- Now think of this in terms of “over the counter drugs.”
- Now try “illicit drugs.”
- What do your responses tell you about the term “drugs,” and what do they tell you about your overall background?

What words describe your feelings or attitudes about the use of each of the following?

Prescription drugs

Over the counter drugs

Illicit drugs (generally not accepted by society)

Illegal drugs

Use of prescription drugs for non-medicinal purpose

Designer drugs

Drug abuse

When you think about someone whom you believe is abusing drugs, or whom you believe has a problem with their drug use, what words best describe how you feel? What have you done about this? How do you feel about what you did or didn't do?

