



MOVING AHEAD: The Challenge

Drugs Worksheet

Think about any experience you've had using drugs (prescription, over the counter, illicit, etc.). For each experience, identify the nature of the experience, what you expected to happen (what you were seeking), what actually happened, and alternative ways of seeking that same result that do not involve drug use.

Experience: Expected Result | Actual Result | Non-Drug | Alternative(s)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Drug use and drug abuse are large areas of study. What specific questions would you like to have answered? These may include short-term or long-term effects for any specific drugs, dependency concerns, how to prevent problems, or ways of responding to issues.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

When you think about your own prior use (if any) of any drugs, what would you like to change? How easy or difficult would that be to change? What type of assistance would be helpful in making that change? Where could you seek additional information?

Think about someone who is using drugs (whether legal or illegal). What would you like to say to that person? How would you best approach that? Where could you get additional information or assistance so that your conversation with that person would be constructive and meaningful?

