**Building Discrepancy**

Explore how your life will change if you choose to either continue or quit using drugs or alcohol…

|  |
| --- |
| **My career, school or professional life will be affected…**  |
| If I continue using:  | If I quit using:  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| **My long—term goals will be affected…** |
| If I continue using:  | If I quit using:  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| **My relationships with my friends will be affected…** |
| If I continue using:  | If I quit using:  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| **My relationships with my family and other loved ones will be affected…** |
| If I continue using:  | If I quit using:  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| **My finances will be affected…** |
| If I continue using:  | If I quit using:  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| **My health will be affected…** |
| If I continue using:  | If I quit using:  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |