

# BUILDING DISCREPANCY

## Worksheet

Name \_\_\_\_\_

*How will your life change if you choose to either continue or quit using drugs and alcohol?*

My career, school, or professional life will be affected...	
If I continue using	If I quit using

My relationship with my family and other loved ones will be affected...	
If I continue using	If I quit using

My relationship with friends will be affected...	
If I continue using	If I quit using