

DRUG ADDICTION WRITING EXERCISE

Please **answer** each of these questions as **honestly** and **truthfully** as possible.

1. Why are you here?

2. What have you lost as a result of your behaviors? Explain!

3. How have your behaviors affected those around you (**family, friends, co-workers**)?

4. have you ever found yourself "quitting" only to find yourself using again? Have you repeated the cycle over again? List the times in your life when you have repeated this cycle!
