

Name : \_\_\_\_\_ Date : \_\_\_\_\_

# SUBSTANCE ABUSE GROUP

**Objectives:**

To enable an individual to see how his thoughts about the substance influence his behavior.

**Instructions:**

Our thoughts and feelings influence our actions.  
Answer the following questions to reveal the influence of your thoughts about the substance you abuse on your actions.

**Which substance do you abuse?**

**What are your thoughts and feelings about the substance you abuse?**

**Are you aware of the harmful effects of this substance?  
If yes, mention some of them. If no, write some expected effects.**