



Activity 1: Identify My Consequences of Addiction

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Observe: Complete the table using your top 10 consequences.

Discovery Cards Summary		
Consequences: statements from card fronts	Life Need: from colored card backs	Impact, Cost, Loss, or Harm
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Questions to Explore

Evaluate:

1. As you think about what you've learned and your results, which Life Needs do you think have been most impacted by your behavior?

- Community
- Family
- Financial Stability
- Health – Mental & Emotional
- Health – Physical
- Home/Shelter
- Learning/School
- Leisure/Fun
- Social Relationships
- Society/Legal
- Spirituality
- Work/Career

2. Which specific Life Need has been most challenging for you to think about or address?

Evaluate (continued):

3. What has been the impact, cost, loss, or harm of your consequences in this area on yourself and others?

Respond:

4. What is one action you can take to help you address or cope with your consequence(s) in a healthy way?

5. What will be the benefit for you and others as you address these challenges?

6. Who can you ask for help and support?