

# Integrity

## Counseling & Coaching

# Consequences of Alcohol & Drug Use



## I. Legal

Examples:

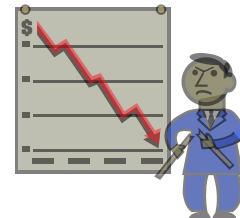
- ✦ Alcohol/drug-related arrests, such as DUIs and possession charges
- ✦ Loss of freedoms and privileges due to legal restrictions (e.g. license, probation/parole, electronic monitoring, etc.)
- ✦ Arrests for behaviors while under the influence (e.g. disorderly conduct, domestic assault, trespassing, burglary, etc.)

## II. Financial



Examples:

- ✦ Legal fees (e.g. fines, attorney)
- ✦ Insurance increases due to DUI charge
- ✦ Money spent on alcoholic beverages, drugs, cigarettes, paraphernalia
- ✦ Money spent on medical bills, damaged property
- ✦ Overdraft fees, unpaid bills, penalty fees, lowered credit score, increased debt due to spending too much on substances
- ✦ Medical costs resulting from or related to use



## III. Vocational (Work & School)

Examples:

- ✦ Lost time due to hangovers (calling in sick), time spent in jail, etc.
- ✦ Loss of job
- ✦ Less time in school or lowered grades due to drug use or due to skipping school to get high
- ✦ Decrease in productivity due to use
- ✦ Jobsite accident while under the influence
- ✦ Loss of promotion or disciplinary action due to use or legal charges

## IV. Physical/Medical



Examples:

- ✦ Hangovers, overdoses, nausea, alcohol poisoning
- ✦ Side effects from abuse of prescription medications
- ✦ Medical conditions resulting from alcohol/drug use or made worse by alcohol/drug use (e.g. ulcers, asthma, bronchitis, emphysema, lung cancer, liver disease)
- ✦ Physical injury related to drug/alcohol use (e.g. back pain from car accident while intoxicated, falling down while under the influence, injury from fight while drunk)
- ✦ Sexually transmitted infections (STIs) acquired under the influence

## V. Social/Interpersonal (relationships)



Examples:

- ✦ Gradual loss of friends who don't use or loss of friends because of fights/arguments/disagreements/concerns related to use
- ✦ Arguments, tension, fights, conflicts with family members, partners, or friends
- ✦ Fights or conflicts in bars or in situations related to alcohol or drug use
- ✦ Forgetting about, missing, or being less available for family events (e.g. missing your son's little league practice because you lost track of time at the bar)
- ✦ Negative impact on your relationship with friends, family, or romantic partners because of loss of trust or failure to fulfill obligations
- ✦ Sexual indiscretions

## VI. Emotional & Psychological



Examples:

- ✦ Feelings of guilt, inferiority, shame, disappointment, vulnerability, sadness, depression, worry/anxiety/nervousness, paranoia, restlessness, agitation, anger, frustration, irritability, worthlessness, hopelessness, helplessness, despair, etc. while using, after using, or because of use or the consequences of use
- ✦ Difficulty concentrating, focusing, or learning because of the effects of drug use
- ✦ Negative effect on self esteem (how you feel about yourself; your relationship with self), self efficacy (how capable you think you are), self perception (how you view yourself), or self awareness (ability to understand yourself)
- ✦ Loss of motivation, laziness, or less ability to follow-through with activities that you find fulfilling or meaningful or life goals
- ✦ Mood swings, loss of control over emotions, difficulty managing emotions