

(EXAMPLES)

Consequences of my Alcohol & Drug Use

Legal

1. Arrested for breaking into park building ~15
2. Arrested for riding dirt bike on road ~ 17
3. Arrested for disorderly conduct at restaurant ~18
4. Arrested for disorderly conduct sleeping in the yard ~25
5. Arrested for DUI ~32
6. Arrested for second DUI ~37

Financial

7. Spent \$500 for lawyer 1st arrest
8. Spent \$800 for counseling
9. Spent \$3500 for 1st DUI
10. Spent \$7000 for second DUI
11. Lost money at work due to second DUI
12. Lost \$2000 watch- drunk
13. Broke Iphone
14. Spent ~ \$200 a week drinking
At bars, buying drinks and food for people, tips, trying to impress other people
 $\$200 \times 52 \text{ weeks} = \$10,400 \text{ per year} \times 18 \text{ years} = \$187,200.$

So I spent more than \$201,000 drinking.

Vocational (Work & School)

15. Was fired from dishwashing job for smoking weed.
16. Didn't get respect or promotion at first real job because was always hung over and talking about getting drunk after work- thought my boss was unfair and didn't like me.
17. Lost my job driving due to second DUI
18. Probably quit school because I was partying too much.

Physical/Medical

19. Had to go to the hospital after wrecking my car.
20. Had alcohol poisoning.
21. Threw up too many times to count.
22. Broke ankle jumping off the roof at a party.
23. Fell off a bar stool and split my head open.

Social/Interpersonal (relationships)

24. First girlfriend broke up with me because I drank too much.
25. Jonny didn't want to hang around me when I drank.
26. People stopped inviting me to parties.
27. Got in a fight with Mike at the park.
28. Got in a fight with Tony behind the bar.
29. Guy suckerpunched me at the concert.
30. Got STD from someone I slept with.
31. Cheated on my wife.
32. Told my son I would take him to Chuckie Cheese and didn't cause I went out with friends.
33. Was hung over and didn't play with kids, just put them in front of the TV.
34. Swore at my wife-called her names.
35. Got kicked out of Wing House.

Emotional & Psychological

36. Felt guilty not being there for my family.
37. Felt ashamed when parents had to bail me out.
38. Felt left out when friends didn't invite me out-Got mad and told Joe he was an asshole.
39. Didn't think I was good enough to try a new job.
40. Was angry (moody & irritable) so people didn't know what to do around me and left me alone, then I felt abandoned.
41. Began to feel depressed and drank more.
42. Couldn't get a job because of arrest record and felt worthless- didn't deal with it and used more.
43. Didn't ask Candi out because I thought she was better than me.
44. Was nervous and afraid to talk to people.