

---

## ***PEAK CHOICES Drug and Alcohol Discussion Guide***

**In this Activity, you'll consider your past substance abuse and your current situation. You'll research, in depth, the possible outcomes for your health, finances, jobs, legal status, and self respect.**

**Do each of the three steps in this process (see Peak Choices Guidelines document for more details):**

- 1. Fill in all the answers below, as completely and honestly as you can.**
- 2. Sit and discuss your answers with a trusted peer partner or an adult counselor or sponsor; write any additional discoveries, thoughts or feelings on the printed form.**
- 3. Share your answers in a group format, moderated by a counselor, instructor, or other adult sponsor. Again, write any additional discoveries, thoughts or feelings on the printed form**

**With comments, suggestions, and feedback from the one-on-one discussion and from the group discussion, go back to your answers below to the three previous sections, *Specific Consequences*, *General Outcomes*, and *Creating Change in Your Life*.**

---

### **What is your abuse history?**

Now is the time to get clear with yourself and the people who support you. In the box below, list all the substances you've abused. Include alcohol, controlled substances, over the counter medications, and any other mind-altering substances. You will research the impact of those substances on your body and your life.

**Enter your history of substance abuse here:**

**Now, from the question above, choose the substances you've had the MOST trouble with. Choose up to three. Go online or using resources provided by your counselor, caseworker, teacher, or other adult leader, answer the following "research" questions.**

**Go Find It** On the Peak Choices online program, you'll find a web site called **drugfree.org**. At that web site, look for "Drug Guide" at the top, or find the list of drugs on the lower right. Click and select the substances you're researching. Do this three times for the three substances you've chosen.

**First substance to research:**

**Second substance to research:**

**Third substance to research:**

**First substance, impact on your health:**

**Second substance, impact on your health:**

**Third substance, impact on your health:**

Use your own resources, go online, or using materials provided by your counselor or other adult, find the legal consequences of substance abuse for your state.

**First substance, legal consequences for possession of a smaller quantity:**

**Second substance, legal consequences for possession of a smaller quantity:**

**Third substance, legal consequences for possession of a smaller quantity:**

Now, using the same resources, locate the legal consequences of possessing a larger quantity the substance:

**First substance, consequences for possession (trafficking) of a LARGER quantity:**

**Second substance, consequences for possession (trafficking) of a LARGER quantity:**

**Third substance, consequences for possession (trafficking) of a LARGER quantity:**

---

### **General Outcomes**

**How might drug abuse change your chances for jobs? For college? For other real-world opportunities? Consider the impact on your health, criminal record, and mental abilities.**

**How might your money and finances be affected? Consider the impact on your jobs and income, what you spend on the habit, and possible legal fines and court costs.**

**Consider your self-respect: how do you see yourself and feel about yourself? What's your image of the person you want to be? How do you feel about yourself after using?**

**Consider who or what else in your life is important to you. A trusted friend? Parents, grandparents, other trusted adults, a brother or sister? A talent you have? A dream you hold? Goals you've set? Consider this carefully, then answer the following questions.**

**Describe what else you value in your life, what's very important to you:**

**How might drug abuse impact what is important to you? Look in your heart. Be honest. Be specific...**

---

### **Creating Change in Your Life: Reaching out**

With drug use and abuse, it's harder to recover alone. You're definitely not the only person dealing with this. Many people, programs, and resources are out there to help. But YOU MUST REACH OUT TO THEM.

**What other resources or assistance are available to you (if you use them or not)?**

**How have other people you know (or have heard of) sought help successfully?**

**How have you reached out before, or what has STOPPED you from reaching out before?**

---

### **Creating Change in Your Life: Making Decisions**

Remember the previous Activity you did on decisions and vectors. You have the power. Your life is a series of decisions and intentions. **Decide right now to make a decision.**

**If you DECIDED TO, who could you reach out to for help?**

**What other decisions could you make now to change your Vector?**

**Right HERE, right NOW: make one small decision about your drug use. Describe that decision, and how you feel about it.**

---

## Creating Change in Your Life: Honesty and Sharing

To deal with challenges in life often requires a trusted person to talk to. Someone you know will respect your trust and not talk to others. Plus, if you're going to change things about yourself and your life, it's very helpful to talk that over with someone.

**If you needed confidential help with this, where would you go? Who could you talk to?**

**What are you willing to change about YOURSELF (internal) to improve this situation?**

**What are you willing to change about YOUR LIFE (external) to improve this situation?**

---

## Creating Change in Your Life: On Willingness....

Sometimes, you don't know how to do it. You're not sure what steps to take first, or you may want to hang on to things that aren't good for you. But you know you have to change.

The first step is always **willingness**. This means that even if you're not entirely ready, or you may feel some fear around change, or you may simply lack the motivation -- despite all this, you can still be willing. (This is an important topic to discuss with a partner, adult sponsor, or your group.)

**Do you understand this idea of willingness? Describe what willingness feels like to you.**

**Knowing where you are now and where substance abuse could lead, are you WILLING to shift the Vector?**

**How could get willing or become more willing? What's in the way?**

---

### **Creating Change in Your Life: Maintaining**

It's likely you'll be tempted to use again. How will you use what you've learned to deal with that?

**Use what you've learning about decisions and your power: what will you do the next time?**

**Remember yourself in a past situation where you used. Now envision the future and SEE yourself doing it differently. Describe this:**

**Remember what you learned about intention. Describe a new intention around your substance problem:**



---

## **Creating Change in Your Life: Staying focused**

During your day to day life, you'll need to continue to stay focused on your intentions. The temptations will fade -- how will you keep them away? If you get stressed, or tired, or sad, the temptations may return, or if you return to the same people or places where you used, the temptations may return. You MUST take care of yourself to continue your progress.

**How will you take of yourself?**

**Where will you continue to get support, encouragement, and help?**

**How will you remind yourself of all you've learned and discovered in this Course?**

