

## Building discrepancy

How will your life change if you make the decision to either continue or quit using substances and alcohol?

Situation	If I continue...	If I quit...
My Career/ School Life		
My relationships with family and other loved ones		
My relationships with friends		

Situation	If I continue...	If I quit...
My short-term goals		
My long-term goals		
My Finances		
My Physical Health		
My Mental Health		