

## **REASONS WHY YOU DON'T WANT TO DRINK OR USE DRUGS**

**(USE WITH Refusing Drugs and Alcohol II:  
Request that the Person Stop Asking)**

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1. It makes my health worse.
  2. I may overdose and die.
  3. It makes my mental illness worse.
  4. It makes me paranoid.
  5. I feel sick after I use.
  6. I'll go broke or waste all my money.
  7. It messes up my thinking.
  8. Once I start I can't stop.
  9. I could lose my housing.
  10. I could be re-hospitalized.
  11. I could be re-hospitalized.
  12. I could go to jail.
  13. I have to take a urine test.
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