

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

**(USE WITH Refusing Drugs and Alcohol I:
Offering an Alternative)**

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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