

Activity 4: Building My Case for Change (Part 1)

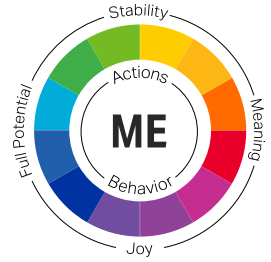
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Consequences of Addiction Summary — the impact of addiction on my life

From the Discovery Cards deck, pick the most challenging consequence you have experienced for each life need.

Write each consequence and the resulting impact, cost, loss, or harm in the table below.

Community	Learning/School
My Consequence	My Consequence
Impact, cost, loss, or harm	Impact, cost, loss, or harm
Family	Leisure/Fun
My Consequence	My Consequence
Impact, cost, loss, or harm	Impact, cost, loss, or harm
Financial Stability	Social Relationships
My Consequence	My Consequence
Impact, cost, loss, or harm	Impact, cost, loss, or harm
Health – Mental & Emotional	Society/Legal
My Consequence	My Consequence
Impact, cost, loss, or harm	Impact, cost, loss, or harm
Health – Physical	Spirituality
My Consequence	My Consequence
Impact, cost, loss, or harm	Impact, cost, loss, or harm
Home/Shelter	Work/Career
My Consequence	My Consequence
Impact, cost, loss, or harm	Impact, cost, loss, or harm



Activity 4: Building My Case for Change (Part 2)

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Benefits of Recovery Summary — my vision for today and the future

Describe what you would like your life to look like today and in the future in the table below. List one action you can take today to move in the direction of your vision.

Community	Learning/School
My Vision	My Vision
My Action	My Action
Family	Leisure/Fun
My Vision	My Vision
My Action	My Action
Financial Stability	Social Relationships
My Vision	My Vision
My Action	My Action
Health – Mental & Emotional	Society/Legal
My Vision	My Vision
My Action	My Action
Health – Physical	Spirituality
My Vision	My Vision
My Action	My Action
Home/Shelter	Work/Career
My Vision	My Vision
My Action	My Action