

Module #5 “Drugs and Alcohol” Workbook

***You Must Be a Member of the Forums to Submit**

Greetings,

Please save it to your desktop or laptop.

It is best to use a word processor.

Please complete all lessons in this module.

**Once you’ve completed this module you will be able to submit all workbooks to
homework@lifecoachbootcamp.com**

This workbook is available in a PDF or Microsoft Word format.

Respectfully,

George

Your Name:

Your Forum Nickname:

Your email address:

Your Phone Number:

Your City & Country:

Drugs and Alcohol

1. What was your reason for using drugs and alcohol? What pushed you?
2. Why do you think so many addicts are unable to say no to drugs and alcohol?
3. What short-term or long-term illnesses did you develop because of drugs or alcohol? Have you recovered completely?
4. Did you also end up pushing your loved ones away? Why?
5. Do you carry guilt inside? Why do you think you are unable to let go of it?

The Essay

The First Use of Drugs

Have you ever met someone who struggled with drugs?

Have you ever experimented with drugs? What pushed you to do so?

Have you ever lied to a loved ones to get drugs? How do you feel about it now?
Was it worth it?

Do you feel guilty when you think about using drugs in the past?

Do you prefer sharing your problems with your loved ones or do you keep things
bottled up inside?

The Essay

Drugs Alcohol & Your Health

1. Do you turn to drugs or alcohol instead of facing adversities? Why?
2. What health damages have drugs and alcohol caused you? Are you recovering from them?
3. How do you feel mentally as well as emotionally after consuming drugs and alcohol? Is the temporary escape worth the health damages?
4. In what ways do you think you can deal with daily life situations constructively instead of turning to drugs and alcohol?

Are you taking any measures to quit drugs and alcohol? What are they? How much have you improved?

The Essay

Damaging Consequences

1. How old were you when you first tried drugs or alcohol? Were you able to stop?
2. Do you think drugs and alcohol have taken a toll on your financial wellbeing? Is your financial health stable?
3. How do you think drugs and alcohol have impacted your career or your work?
4. What challenges did you face because of drugs and alcohol in your relationships? How did you overcome them?
5. How do you think you can help a drug abuser recover? What steps would you take?

The Essay

Outside Help for Drugs & Alcohol

1. Who was the first person to point out that you were becoming addicted to drugs? What was your reaction?
2. When was the first time you acknowledged that you had a problem? What led to self-realization?
3. Did you choose to keep things inside because you were afraid of being judged?
4. What do you think about support groups? Have you ever joined one? How was your experience?
5. After reading the article, would you say you would like to try support groups?

The Essay

The Benefits to Change

1. Do you regret experimenting with or using drugs?
2. What steps are you taking to improve your past relationships?
3. Has your financial health improved since quitting drugs? How? What steps did you take to get back on track?
4. Has your health improved after quitting drugs? What changes have you observed?
5. How did you recover from drugs? What steps did you take?

The Essay