

## You & Your actions in association to drinking alkohol!

*Each day brings so many occasions for decisions, choosing how to behave, how to react. Our behaviors, reactions have its consequences, as well as, may influence what others people think about us..what you think about yourself...and drinking alcohol often can change our behaviors, reactions, actions...*

**1A.** In what way drinking alcohol changed your actions? Please evaluate and mark on the scale from 0 to 10, where „0” stands for „drinking alcohol did not influence my action in any way”, and „1” stands for „drinking alcohol influenced my actions very much”

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Did not influence										Influenced very much

**1B.** Please try to describe what was the nature of this influence on your action! Below give few concrete examples of this influence.

1st example
2 nd example
3 rd example
4th example
5th example
6th example

**2. Please consider questions written below and write your answers to them.**

<b>What have you lost because of your actions after drinking alcohol?</b>	<b>What have you gained because of your actions after drinking alcohol?</b>
<b>What have other persons lost because of your actions after drinking alcohol?</b>	<b>What have other persons gained because of your actions after drinking alcohol?</b>

**3. Looking for “bright sides” think about next questions!**

<b>To what extent and how were you able to act in good, proper way after drinking alcohol?</b>	<b>What kind of your strenghts does it show? (what you can, what you know, what is important)</b>

**4. Looking for things which may support your good choices in the future look for the next conclusions.**

<b>What could you avoid, to be able to act in useful way in the future?</b>	<b>What is good to do, to be able to act in useful way in the future?</b>