

Consequences of Addiction

Addiction *always* generates consequences, and some have more of an impact than others. Early on, consequences may be insignificant, hardly noticeable; the benefits of using outweigh the cons, leading to continued use. As the addiction progresses, the consequences become more evident, wreaking havoc in all areas of life. Addiction takes a physical, emotional, spiritual, and cognitive toll. Addiction negatively impacts relationships, education/employment, appearance, leisure, and drive.

Consider consequences you've experienced due to your addiction. Write down at least 10. (Be specific; for example, list "Hep C" as opposed to "poor health.")

Next, arrange the consequences in order from greatest to least; write them below.

Most Harmful

Least Harmful

1

2

3

4

5

6

7

8

9

10

How did your most harmful consequence affect you? How did it affect others?

How did your least harmful consequence affect you? How did it affect others?

Did any of the consequences you listed above inspire recovery attempts? If so, why didn't they deter you from using again?

If you continue to use, how do you think your consequences will shift (if at all)? (For example, elevated liver enzymes may not be problematic now, but could lead to cirrhosis or cancer later in life.)

What are your "not yet's" (consequences you're bound to experience if you don't stop using)?

What are some of the consequences you've experienced that you at one time believed could never happen to you?

Do you believe you need to hit "rock bottom" before you can achieve sobriety? Why or why not?
