

Exercise

REFLECTIONS ON USING ALCOHOL AND DRUGS

It is important to consider **why** you use alcohol or drugs and what things are **good** and **bad** about it. You now also must think about a new baby who is completely dependent on you.

What are the **good** things about using drugs or alcohol for **you**?

What are the **bad** things about using drugs or alcohol for **you**?

What are the **good** things about using drugs or alcohol for your **baby**?

What are the **bad** things about using drugs or alcohol for your **baby**?

Do you see more **good** things or more **bad** things about using alcohol and/or drugs?