



## WELLNESS WORKSHEET 49

### Reasons for Using or Not Using Drugs

---

If you have tried a psychoactive drug in the past, describe the circumstances of your first use of the drug. What were your reasons for trying the drug? Did other people have an effect on your decision to try the drug? Did you seek out the experience, or did you find yourself in a situation where the drug was available?

If you have continued to use a psychoactive drug, check which of the following reasons apply to you.

- \_\_\_\_\_ 1. Taking drugs allows me to escape boredom or depression.
- \_\_\_\_\_ 2. Drug use allows me to socialize with a group of people with whom I want to socialize.
- \_\_\_\_\_ 3. Using drugs makes me feel daring.
- \_\_\_\_\_ 4. Using drugs is exciting because they are illicit.
- \_\_\_\_\_ 5. Drug use makes me feel better about myself.
- \_\_\_\_\_ 6. Taking drugs allows me to alter my mood or see the world in a way I can't without the drugs.
- \_\_\_\_\_ 7. Drug use is a natural part of my society.
- \_\_\_\_\_ 8. I take drugs to rebel against my parents or society.
- \_\_\_\_\_ 9. Drug use is enjoyable.
- \_\_\_\_\_ 10. Drugs allow me to socialize more easily.
- \_\_\_\_\_ 11. Drug use allows me to be a more spiritual person.
- \_\_\_\_\_ 12. I take drugs when I am angry or upset.

List other reasons that apply to you.

(over)

WELLNESS WORKSHEET 49 — continued

If you have never tried a psychoactive drug, give your reasons for this choice.

If you have been in a situation where you were offered a psychoactive drug and turned it down, what reasons did you give? What would you say to someone who asked you why you were refusing the drug? Can you offer suggestions to someone who does not want to use psychoactive drugs but feels self-conscious about refusing them when they are offered?

**INTERNET ACTIVITY**

Use the Internet to find out more about a psychoactive drug that you've tried or been offered. Try one or more of the sites listed below or use a search engine to find other useful sites.

ClubDrugs.Org: <http://www.clubdrugs.org>

Do It Now Foundation: <http://www.doitnow.org>

Indiana Prevention Resource Center: <http://www.drugs.indiana.edu>

National Clearinghouse for Alcohol and Drug Information: <http://www.health.org>

National Institute on Drug Abuse: <http://www.nida.nih.gov>; <http://www.drugabuse.gov>

Web of Addictions: <http://www.well.com/user/woa>

Drug researched: \_\_\_\_\_

Site(s) visited (URL): \_\_\_\_\_

What new information did you find about the short- and long-term effects of the drug?

Write a brief description of the most helpful or interesting site you visited. What information and resources does the site provide?