

Addictions Checkup

		No Way!					Heck Yes!				
1.	I have made up my mind that I will never use drugs.	1	2	3	4	5					
2.	I am free of compulsive behaviors such as gambling, shopping, overeating, web surfing, or endless TV watching.	1	2	3	4	5					
3.	When it comes to alcohol, tobacco, and drugs, I make my own decisions and don't give in to peer pressure.	1	2	3	4	5					
4.	I have been alcohol and tobacco free for the last 30 days.	1	2	3	4	5					
5.	I avoid situations where there's going to be drinking and drugs.	1	2	3	4	5					
6.	I stay away from internet porn.	1	2	3	4	5					
7.	I hang out with friends who share my views about substance abuse.	1	2	3	4	5					
8.	I encourage my friends to stay away from harmful substances.	1	2	3	4	5					
9.	I never let my friends drink and drive.	1	2	3	4	5					
10.	I am free from eating disorders such as anorexia or bulimia.	1	2	3	4	5					

WHAT'S YOUR SCORE? _____

Word Association

Addiction: _____

Parties: _____

Marijuana: _____

Drinking: _____

Discussion Questions

Think about someone you know who suffers from an addiction. How does it consume that person's life?

How can you fight the temptations of the party scene?

Decision 5: Addictions

What will you do about smoking, drinking, drugs, and other addictive things?

Intro: Proverbs 23:29-35, Ephesians 5:8-20.

Five Ways to Say NO

1. **Be** _____ .
2. **Use** _____ .
3. **Blame it on your** _____ .
4. **Suggest an** _____ .
5. **Get up and** _____ .