

Finding Discrepancies

Worksheet

Impacts on my future goals...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

Impacts on my health...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

Impacts on my friendships...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

Impacts on my closest relationships...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

Impacts on my financial situation...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

Impacts on my career, education, or development...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>