



# Positive Consequences of Not Drinking Alcohol

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## My Rating

## Class Rating

1. Avoiding becoming addicted, or an alcoholic	_____	_____
2. Have more money to spend on other things	_____	_____
3. Take care of your body to stay healthy and feel good	_____	_____
4. Be able to think clearly, make healthy decisions and not take harmful risks	_____	_____
5. Avoid getting into fights with friends and family	_____	_____
6. Maintain positive relationships with family and friends	_____	_____
7. Miss fewer days of work or school	_____	_____
8. Stay in control of your thoughts and actions	_____	_____
9. Maintain self-respect and the respect of others	_____	_____
10. Adhere to a personal or religious belief about not using alcohol	_____	_____
11. Obey the law	_____	_____
12. Avoid hurting an unborn child	_____	_____
13. Avoid acting foolishly or aggressively	_____	_____
14. _____	_____	_____
15. _____	_____	_____

Rating Key: 5 = Very Important, 3 = Important, 1 = Not Very Important