

# DECISION-MAKING ABOUT SUBSTANCE USE

## FACTORS TO CONSIDER

### ■ WHAT IS MY MOTIVATION?

Have I thought about why I would potentially ingest something?  
What are the primary reasons for doing so, and are there other activities I could engage in that would be a healthier option?

### ■ AM I ON ANY MEDICATIONS?

### ■ WHAT IS MY FAMILY HISTORY?

### ■ PERSONAL FACTORS

What is my life like right now?  
Am I overly stressed?  
What is my health like?

### ■ DO I FEEL PRESSURE TO USE?

If so, where is the pressure coming from?  
Is it internal pressure, societal pressure, or pressure from my friends?

### ■ HOW WOULD THE PEOPLE IN MY LIFE FEEL ABOUT MY DECISION?

Would I let people down who care about me?

### ■ DO I KNOW THE DOSE?

What about purity?

### ■ (MIND)SET:

What is my mental state? What are my expectations?

### SETTING:

Who would I be with? Would I trust them? What would the physical environment be like?  
Would I be comfortable or anxious with these people and the physical space?

### ■ ARE THERE POTENTIAL LEGAL CONSEQUENCES?

What impact could those consequences have on my future life goals?

### ■ ARE THERE HEALTH RISKS?

Physical, mental, emotional, etc.

### ■ OTHER FACTORS?

What are other factors not listed here that are relevant to your life?