

Student Name: \_\_\_\_\_

## Sharing and Reflection: Share an Experience

Reflex on and describe an experience where you had to make a tough decision. This can be a situation where you made the choice to use or not use drugs or alcohol. This experience need not be substance use related. You may choose to share this experience with others or keep it private.

- Describe the experience
- Why did you make this choice? Indicate the factors and or consequences which may have influenced your decision.
- How did this decision affect you?
- Did the decision work for you?
- Would you make the same choice again?