

# Consequences

## 1. Immediate consequences

When you use alcohol and other drugs it is likely that in the short term you felt better. So these things might be 'good things'. This could include a good buzz, feeling more confident, having a good time, forgetting problems etc.

What are some immediate consequences you have experienced?

## 2. Delayed consequences

For some people, the delayed consequences may be 'not so good things'. This might include getting into trouble, vomiting, being with someone you regret, fighting, embarrassing yourself etc.

What are some delayed consequences you have experienced?

## 3. Immediate and delayed consequences to your wellbeing

Use the Te Whare Tapa Whā model to reflect on how the immediate and delayed consequences impacted on your wellbeing.

What do you think the impact is on your wellbeing?

<b>Taha whānau</b> Family and social wellbeing	
<b>Taha hinengaro</b> Emotional and mental wellbeing	
<b>Taha tinana</b> Physical wellbeing	
<b>Taha wairua</b> Spiritual wellbeing	

4. What could you do next time to prevent the 'not so good' consequences?

