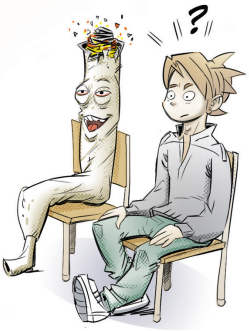
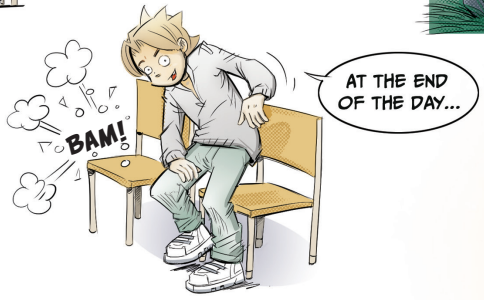

WHO WILL HAVE
THE FINAL SAY?


?








BAM!
AT THE END
OF THE DAY...


I'M THE ONE
WHO GETS
THE FINAL SAY!

**Do you feel like you're no longer in control?**

**Do you suspect that substance use is taking up too much room in your life?**

- ❑ It seems like I've got less money to spend on other things.
- ❑ I think often about using.
- ❑ Life feels boring if I don't use.
- ❑ I don't really feel like using but I do it anyway.
- ❑ I keep telling myself I can't go on this way.
- ❑ I think I need help.
- ❑ I'd like to cut back or stop but I can't.
- ❑ I get stressed just thinking about not being able to use.

HERE ARE SOME POINTS TO CONSIDER TO HELP YOU GAUGE THE ROLE OF SUBSTANCE USE IN YOUR LIFE.



### Frequency and intensity

**Do you feel you are...**

- *Using more often than before?*
- *Having trouble doing daily tasks or meeting obligations or responsibilities due to your substance use?*

### Reasons

**Do you feel you are...**

- *Using more to relieve stress and anxiety or to forget your problems?*
- *Not getting the same pleasure you used to get from using?*

### Impacts of substance use

**Is it possible...**

- *That you are using in spite of the risks and problems it causes you?*
- *That the people around you are increasingly voicing concerns about your substance use?*



**DO YOU FEEL LIKE YOU'VE LOST CONTROL?**

**Don't stay alone. Talk to someone you trust.**
**You can change your substance habits and regain control.**

**THERE ARE RESOURCES OUT THERE TO HELP YOU.**
**Here are a few:**

**tangage.ca | findyourcenter.ca**

Tangage

819 324-2261