

# Finding Discrepancies

## Worksheet

### Impacts on my future goals...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

### Impacts on my health...

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

**Impacts on my friendships...**

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

**Impacts on my closest relationships...**

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

**Impacts on my financial situation...**

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>

**Impacts on my career, education, or development...**

<i>Impacts if I continue...</i>	<i>Impacts if I stop...</i>