



You ran into some people you used to get high with and they invited you to a party. You were very tempted to go, but decided that because there would definitely be drugs and alcohol there, it probably would not be a good idea. You thanked them and said you were busy.

You discover you have great willpower. What are a couple of things you can do with this strength?

**Quote**

***It is not the mountain we conquer but ourselves.***

*Edmund Hillary  
Explorer who climbed Mt Everest*

REFLECTION CARD #1

You have been sober for two months now and feel really good about it. You are glad not to be looking over your shoulder all the time and are proud that you have been able to stay clean.

**What are a couple of things you see yourself doing better 5 years from now?**

**Quote**

***Action may not always bring happiness; but there is no happiness without action.***

*Benjamin Disraeli  
British Prime Minister*

REFLECTION CARD #2

Now that you are in treatment, you have been walking and working out three times a week. It helps you work off your energy and gives you time to think. You look and feel better than you have in a long time.

In 2 years you are invited to come back here and talk to other teens about how to stay healthy. What are a couple of things you would tell them?

**Quote**

***He who has health, has hope. And he who has hope, has everything.***

*Asian Proverb*

REFLECTION CARD #3

You have just gotten a new job at the local fast food place. Some of your co-workers are really nice. You consider them good role models. You have been going out to lunch with them and you have been invited to their homes on the weekends. You are enjoying their company.

**“What would \_\_\_ do?” Name a few people that can help you make good decisions in the future.**

**Quote**

***Friendship isn't one big thing - it's a million little things.***

*Author Unknown*

REFLECTION CARD #4

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You have gotten A's and B's in your classes. You can't believe it. When you were getting high, you dropped out of school and didn't think you were very smart.

What are a couple of things that you know now that you wish you knew when you were younger?

**Quote**

***Whether you believe you can or believe you can't, you're probably right.***

*Henry Ford  
Created Ford automobiles*

REFLECTION CARD #5

You have been tempted to leave treatment on many occasions but have chosen to stay, in spite of the fact that it is very challenging. You find that the longer you stay, the better it gets

People can be stubborn for positive reasons. Name some ways you have been stubborn for a positive cause.

**Quote**

***The man who masters himself is free.***

*Epicetetus  
Greek philosopher, 2nd Century CE*

REFLECTION CARD #6

You have been working on your relationship with your family since you have been sober. After showing them that you have really changed for about a year now, your relationship with them is better than it has ever been.

In the future you become a role model for your friends and family. What are a couple of things you did to earn this respect?

**Quote**

***You don't choose your family. They are God's gift to you, as you are to them.***

*Desmond Tutu  
South African leader*

REFLECTION CARD #7

You have been working at a new part-time job since you have been in recovery. You have been working hard, are always on time to work, and volunteer to do extra hours as needed. You just got a raise!

What strengths and abilities have your family/friends/teachers noticed most about you since you have been in recovery?

**Quote**

***Some people dream of success... while others wake up every day and work hard at it.***

*~Author Unknown.*

REFLECTION CARD #8

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You finished treatment and went to your Recovery Celebration. Your family and friends were there cheering you on. When you looked into the audience, you saw several people you care about, (including your counselor!), with tears in their eyes. You feel very happy and proud.

**In the future, you decide to write a book about how you were able to kick drugs and alcohol - what will you write about that helped you the most?**

**Quote**

***Judge your success by what you had to give up in order to get it.***

*~Author Unknown*

REFLECTION CARD #9

When you came into treatment, you smoked and couldn't go up the stairs without getting out of breath. You stopped smoking soon as you came into the program. Now that you have been sober for six months, you started running and feel better than you have in years.

**What are some of the healthy habits you are working on today that will help you in the future?**

**Quote**

***Red meat is not bad for you. Now blue-green meat, that's bad for you!***

*Tommy Smothers  
Comedian*

REFLECTION CARD #10

Since you have been in recovery, you have gotten a part-time job after school and have learned to save a portion of each check. After 6 months, you have saved enough to buy something you really wanted. Being responsible and saving money feels good and you are proud of yourself for hanging in there.

**In the future you decide to talk with your own teenager about the importance of being responsible - What will you tell your own child?**

**Quote**

***A penny saved is a penny earned.***

*Benjamin Franklin  
Founding Father of US*

REFLECTION CARD #11

Since you have been sober, you have started to feel the presence of your spirituality and a loving force greater than yourself. You are beginning to feel as though you are blessed and everything, though not easy, will be alright.

**In the future you have found genuine happiness. How will you use your happiness to reach out to others?**

**Quote**

***Put your ear down close to your soul and listen hard.***

*Anne Sexton  
American poet*

REFLECTION CARD #12

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Before you came into treatment, you were depressed and affected by some bad experiences you had in your life. In your treatment program, you learned some ways of helping yourself cope and looking at the world differently. You also made friends with people who had similar experiences.

What will you tell your grandchildren about how you won your battle against drugs?

**Quote**

*If nothing ever changed, there'd be no butterflies.*

~Author Unknown

REFLECTION CARD #13

You are feeling a little bummed out today because you got in trouble in class. An old friend comes by and tells you he just scored some drugs. In the past you would have gotten high with him to deal with your problems, but today you say "no thanks," and cope with things differently. Thinking about how you handled this situation makes you feel proud.

Imagine you run into this friend again 5 years from now - What would you say to him?

**Quote**

*I am careful not to confuse excellence with perfection. Excellence I can reach for; perfection is God's business.*

Michael J. Fox  
American Actor

REFLECTION CARD #14

Now that you are in treatment you have started new habits such as opening doors for other people and telling peers they've done a good job. You never would have thought that such simple acts could be so rewarding. It seems like the more you do for others, the better you feel about yourself

How do you try to help other people when they need it? How do you see yourself helping others in the future?

**Quote**

*If you haven't any kindness in your heart, you have the worst kind of heart trouble.*

Bob Hope  
American Comedian

REFLECTION CARD #15

You have after school detention and won't be able to go hang out with your friends as planned. This really stinks, but you have learned in treatment that you can't control all situations. All you can control is the way you deal with them. Instead of letting it ruin your whole day, you decide to use the time to get your homework done instead.

You grow up to be a teacher. What will be the most important thing you are able to teach your students?

**Quote**

*You must have long-range goals to keep yourself from being frustrated by short-range failures.*

Charles C. Noble  
American Author

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