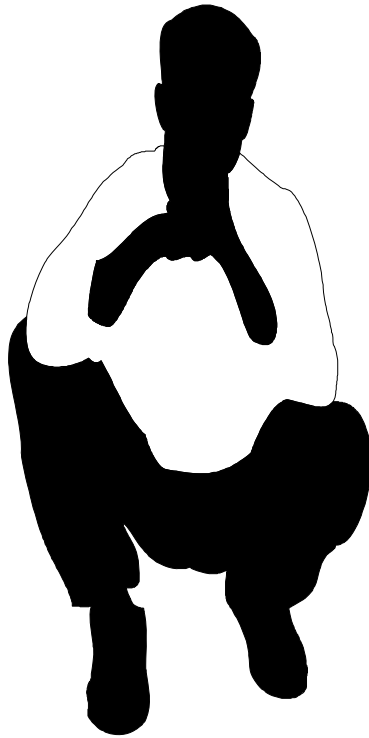


# Self-Concept Cards

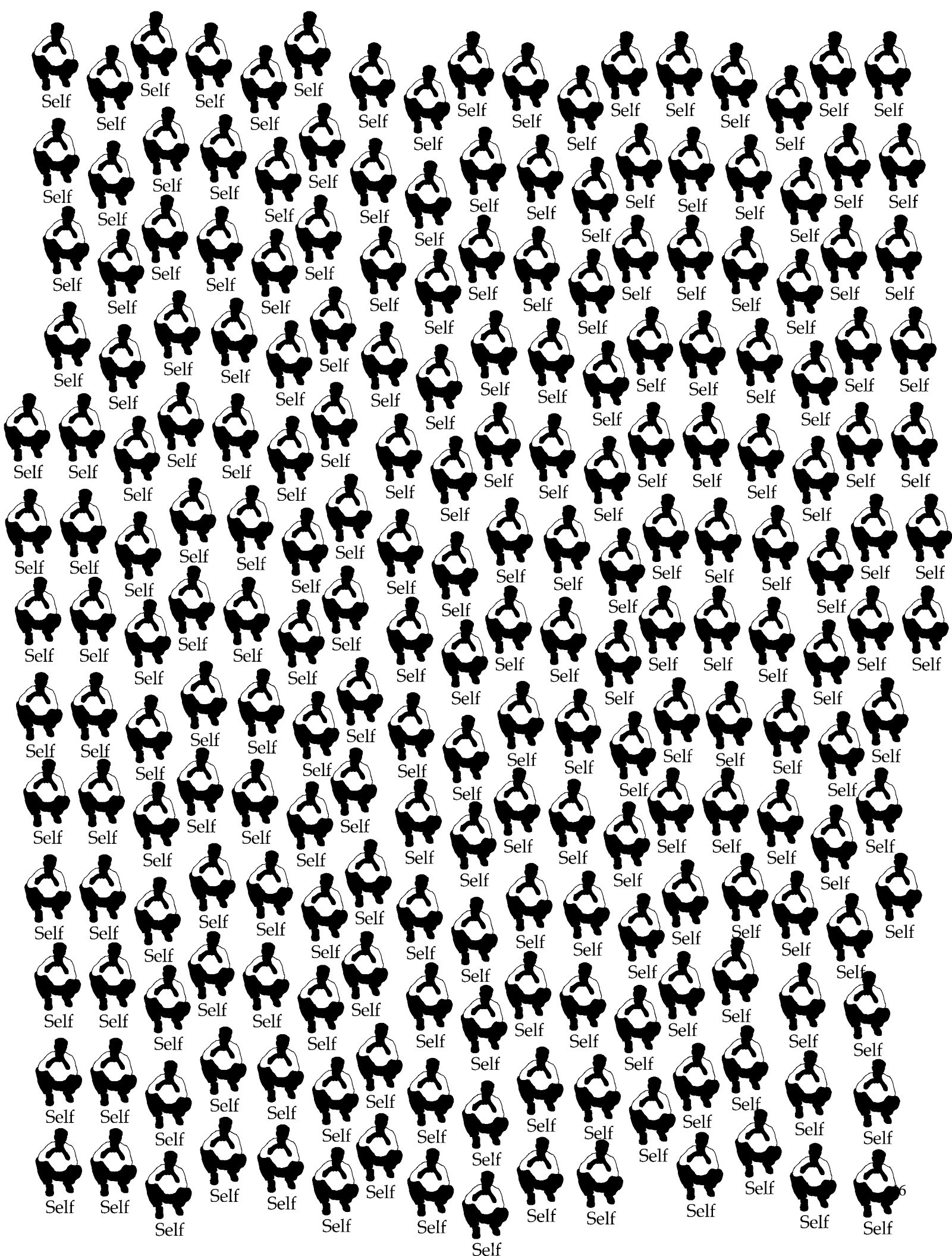
(Print on celestial blue cardstock.)

These cards show how substance abuse can affect how a person thinks about himself or herself. Substance abuse can lead to depression, lack of motivation, and loss of self-confidence.



***What man is ashamed of is always, at bottom, himself.***

*R.C. Collingwood (1889-1943) British philosopher.*



**You just want to have fun and “sex, drugs, and rock-n-roll” are fun. You want to live fast and die young. But still some part of you wonders if in the future you might regret some of the things you have done.**

Lose 3 personal accomplishment points.

Lose 2 self-confidence points.

**Quote**

***You cannot escape the responsibility of tomorrow by evading it today.***

*Abraham Lincoln (1809-1865)  
American President*

YSC1

**You were involved in several drinking incidents and were warned by the dean that one more incident and it would go on your permanent record. Even though you haven’t messed up again, your reputation is still hurting you. You’re having a hard time getting good recommendations from professors.**

Lose 4 personal accomplishment points.

Lose 2 emotional health points.

**Quote**

***Excellence is not a singular act but a habit. You are what you do repeatedly.***

*Shaquille O’Neal (b. 1972)  
American Athlete*

YSC2

**For you, drugs are a way to relax with friends. And as long as you are only doing drugs for fun you feel that you can't be an addict.**

Lose 2 self-confidence points.

Lose 2 personal accomplishment points.

**Quote**

***Drugs worked for me for years, and now they're turning against me, now I'm walking through hell.***

*Layne Staley (1967-2002)  
American musician*

YSC3

**You knew you were doing drugs too often but you couldn't seem to stop. Because of your drugs you ended up in juvenile detention and are now on parole. Now you have to report everything you do to your parole officer. You feel like a child.**

Lose 5 self-confidence points.

**Quote**

***He who cannot obey himself will be commanded.***

*Friedrich Nietzsche (1844-1900)  
German philosopher*

YSC4

Print on  
celestial  
blue  
Cardstock  
Cut on  
dotted  
lines

**Life in the real world sucks! Drugs on the other hand make everything seem cool. Since your family complains about your drug use, you tell them lies to make your life more acceptable to them.**

Lose 1 family point.

Lose 2 personal accomplishment points.

### **Quote**

***Man seeks to escape himself and does so by any means at his disposal: drugs, alcohol, or lies.***

*Jean Cocteau (1889-1963)  
French author and filmmaker*

YSC5

**You know you do a lot of drugs, in fact, too many drugs. Your family is worried but it is none of their business. Anyway, drugs don't seem to make life any worse than it has already become.**

Lose 3 personal satisfaction points.

Lose 3 personal accomplishment points.

### **Proverb**

***If men have no care for the future they will soon have sorrow for the present.***

YSC6

**You like to party and *to you* partying involves doing drugs. You realize you probably party too much—you just don't feel like you could accomplish anything, even if you tried.**

Lose 3 personal accomplishment points.

Lose 3 self-confidence points.

### **Proverb**

***Time misspent is not lived but lost.***

YSC7

**You tell people that you know the way to be successful, make money, and have power. It is really simple-just sell drugs.**

Lose 2 thinking/judgment points.

Lose 2 personal accomplishment points.

Lose 2 self-confidence points.

### **Quote**

***Good ideas are a dime a dozen, bad ones are free.***

*Douglas Horton (1891-1968)  
American Clergyman*

YSC8

Print on  
celestial  
blue  
Cardstock  
Cut on  
dotted  
lines

**After a bad experience on drugs, you tell yourself that you have got to change. But after a while, you forget about your promises, and it's not until you do something stupid again that you remember your broken promises.**

Lose 3 personal accomplishment points.

**Quote**

***Growing up...is a terribly hard thing to do. It is much easier to skip it and go from one childhood to another.***

*F. Scott Fitzgerald (1861-1940)  
U.S. Author*

YSC9

**You know that your drug use is getting to be a problem, but it seems hard to change. You have established yourself as "user" to your friends and somehow it seems hard to alter your image or your friends' expectations.**

Lose 3 self-confidence points.

**Quote**

***Change is not made without inconvenience, even from worse to better.***

*Richard Hooker (1554-1600)  
English Theologian*

YSC10

**You joined a gang to survive the harsh life of the streets but you were also sucked into the appeal of easy money of drug dealing. However, you are now really confused about who you are. You feel you are no longer truly in touch with who you are as a person.**

Lose 5 self-confidence points.

**Quote**

***In the animal kingdom, the rule is eat or be eaten; in the human kingdom, define or be defined.***

*Thomas Szasz (b. 1920)  
Psychiatrist*

YSC11

**You keep telling yourself that, if you could just stop partying as much, and perhaps work a little harder in school, things would start to get better. However, every time you try, someone or something gets in the way and you start doing drugs again.**

Lose 3 personal accomplishment points.

**Quote**

***People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.***

*George Bernard Shaw (1841-1887)  
Author*

YSC12

Print on  
celestial  
blue  
cardstock

**You always thought you had your drug use under control, but now you realize you have more and more cravings for drugs and that you need the drugs to keep from feeling sick.**

Lose 2 personal accomplishment points.

**Quote**

***It is not I who become addicted;  
it is my body.***

*Jean Cocteau (1889-1963)  
French author & filmmaker*

YSC13

**You have been using drugs a lot and lately just haven't seemed to be able to keep up with your work at home or at school. You have always considered your family to be the most important thing in your life and you feel like you are letting them down.**

Lose 3 personal satisfaction points.

Lose 1 family point.

**Proverb**

***He who is of no use to himself is of no use to anyone.***

YSC14

**You get high so you can become numb to the world around you. When you are on drugs you don't have to deal with anything or anyone.**

Lose 3 personal satisfaction points.

**Quote**

***What makes loneliness anguish is that I have no one to share my burden.***

*Dag Hammarskjöld (1905-1961)  
Swedish statesman*

YSC15

**You were wasted on drugs and started talking about something very personal. The next morning people teased you about things that you didn't want anyone to know about you.**

Lose 4 personal satisfaction points.

**Proverb**

***When a thing is done, advice comes too late.***

YSC16

Print on  
celestial  
blue  
Cardstock

**You have been trying to stop using drugs but still want to have fun and go to parties and things. You find it hard not to use when your friends are using and you don't want to be labeled a "stick in the mud."**

Lose 2 self-confidence points.

Lose 2 personal satisfaction points.

**Quote**

***It is the nature of the wise to resist pleasures, but the foolish to be a slave to them.***

*Epictetus (55-135)  
Greek Philosopher*

YSC17

**You are at a party, totally wasted and feeling lonely. You started kissing what you thought was a person. The next morning you realize you were kissing a statue. Now you feel like a fool and everyone is laughing at you.**

Lose 4 personal satisfaction points.

**Quote**

***Drugs destroy your memory, your self-respect, and everything that goes along with your self-esteem.***

*Kurt Cobain (1967-1994)  
American Musician*

YSC18

**You sometimes feel as though you have not accomplished anything in your life and that you probably couldn't even if you tried. You sometimes wish you could change a lot of the stupid things you have done and said while high.**

Lose 4 personal accomplishment points.

**Lately it seems to you that it is not so much that you want drugs, but you are afraid of what others' will say if you stop.**

Lose 4 self-confidence points.

**Quote**

***He lived a life of going-to-do and died with nothing done.***

*James Aubrey, epitaph (b. 1947)  
Screen actor*

YSC19

**Quote**

***Opinions are made to be changed.***

*Lord Byron (1788-1824)  
English poet*

YSC20

Print on  
celestial  
blue  
Cardstock

**You ran into a friend from your high school. Your friend is really involved in activities at school and really seems to be enjoying it and is proud of his accomplishments. You have had a good time going to parties and stuff, but you can't think of any accomplishments that you are proud of.**

Lose 5 personal accomplishment points.

Lose 3 personal satisfaction points.

**Quote**

***The important question is not, what will yield to man a few scattered pleasures, but what will render his life happy.***

*Joseph Addison (1672-1719)  
English Essayist*

**YSC21**

**It's not only that you find drugs make you care less about other people, first and foremost you find you care less about you.**

Lose 5 personal satisfaction points.

**Quote**

***Life has value only when it has something valuable as its object.***

*George Hegel (1770-1831)  
German philosopher*

**YSC22**

**You find that more and more you have to come up with new ways to conceal your drug use from family.**

Lose 3 self-confidence points.

Lose 2 family points.

**Quote**

***What man is ashamed of is always at bottom himself.***

*R.G. Collingwood (1889-1943)  
British philosopher*

**YSC23**

**Stealing from other people used to seem wrong to you...but lately it seems like you are willing to compromise your values to get and use drugs.**

Lose 4 personal satisfaction points.

Lose 2 personal accomplishment points.

**Quote**

***Men are not punished for their sins, but by them.***

*Elbert Hubbard (1856-1915)  
American editor, publisher and writer*

**YSC24**

Print on  
celestial  
blue  
cardstock



**Your girl/boy friend left you because of your drug use. You still dream about how it might have been if you had gone straight.**

Lose 5 personal accomplishment points.

**Quote**

***Maybe it picks you up a little, but it sure lets you down in a hurry.***

*Betty Ford (b. 1918)  
Former First Lady, United States*

YSC25

**You have been using drugs for a while and can't seem to shake an overwhelming sense of dread and hopelessness. You feel like giving up.**

Lose 5 personal satisfaction points.

**Quote**

***No one conquers who does not fight.***

*Gabriel Briel  
Author*

YSC26

**Your friends and you got caught drinking on school property. You were all reported to the principal who put you on academic probation and you have to take an alcohol awareness course. He says if there are any more problems you will be expelled from school. It all seems so unfair.**

Lose 4 self-confidence points.

Lose 2 friend points.

**Quote**

***Do not bite the bait of pleasure, till you know there is no hook beneath it.***

*Thomas Jefferson (1743-1826)  
U.S. President*

YSC27

**You have been abusing drugs a lot lately. Your friends begin avoiding you because they say you don't care about them anymore and only want to get high. You don't feel like you can do anything about your behavior – it's just the way you are.**

Lose 2 personal accomplishment points.

Lose 2 friend points.

Lose 2 self-confidence points.

**Quote**

***Vitality shows in not only the ability to persist but the ability to start over.***

*F. Scott Fitzgerald (1896-1940)  
U.S. author*

YSC28

Print on  
celestial  
blue  
cardstock

**You and your family are watching a video taken at your sister's wedding. You are shocked and disgusted by how you look and sound. You were high but you hadn't realized how noticeable it was until now. You realize you have disappointed your family and yourself.**

Lose 3 personal satisfaction points.

Lose 4 self-confidence points.

Lose 2 family points.

**Quote**

***There can be no deep disappointment where there is not deep love.***

*Martin Luther King, Jr. (1929-1968)  
U.S. clergyman, civil rights leader*

**YSC29**

**You aren't invited to your sister's wedding because your family is afraid that you will show up high on drugs.**

Lose 4 personal satisfaction points.

Lose 2 family points.

**Quote**

***Character is much easier kept than recovered.***

*Helen Rowland (1875-1950)  
U.S. Journalist*

**YSC30**

**You join a gang. You think it is going to make things easier for you. Over time you realize that many of your friends are being killed in drug related shoot-outs. You are becoming more and more depressed.**

Lose 4 personal satisfaction points.

Lose 4 personal accomplishment points.

Lose 6 friend points.

**Quote**

***This is the end, my only friend. The end of our elaborate plans. The end. No safety or surprise. The end. I'll never look into your eyes again.***

*Jim Morrison (1943-1971)  
Singer for the rock group, "The Doors"*

**YSC31**

**You feel like you can always rely on drugs. Friends or family can sometimes let you down, but you feel that drugs are always there when you need it.**

Lose 3 family points.

**Quote**

***We have met the enemy and they are us.***

*Walt Kelly (1913-1973)  
Comic strip artist*

**YSC32**

Print on  
celestial  
blue  
cardstock

**You feel as if bad things just happen to you. So you use drugs to forget how bad your life is.**

Lose 3 personal satisfaction points.

Lose 3 personal accomplishment points.

**Quote**

***It is not heroin or cocaine that makes one an addict, it is the need to escape from a harsh reality.***

*Shirley Chisholm (b. 1924)  
U.S. Senator*

YSC33

**You were using drugs and had unprotected sex. You catch a sexual transmitted disease and have to get treatment. It was very embarrassing and not very pleasant and you don't want anyone to know.**

Lose 1 personal satisfaction point.

Pay the bank \$50 to cover doctor's fee.

**Quote**

***Experience is a hard teacher because she gives the test first and the lesson after.***

*Vernon Law (b. 1930)  
Baseball pitcher*

YSC34

**You don't feel like you have a substance abuse problem but folks won't seem to leave you alone. A stranger saw you on the street and tried to get you help. You got pissed and slugged him, even though he just wanted to help.**

Lose 2 personal satisfaction points.

Lose 2 emotional health points.

**Proverb**

***Drunkenness is an egg from which all vices are hatched.***

YSC35

**A friend of yours was date-raped. The rapist apparently claims he was so high that he doesn't remember a thing, but he says he's certain that she must have been willing. Your friend was not willing and remembers the whole event. You feel that you would never do that but begin to wonder what things you have done that you can't remember doing.**

Lose 2 personal satisfaction points.

**Fact**

***70% of assailants (date rapists) were on alcohol or drugs.***

YSC36

Print on  
celestial  
blue  
cardstock

**You were having trouble staying awake to study for school, especially after a night of partying. You don't want to give up partying so you get some "coke" from a friend of yours to help keep you awake. You figure it's for medicinal purposes and not for fun so you won't get addicted.**

Lose 2 personal accomplishment points.

Lose 2 thinking/judgment points.

**Quote**

***Never underestimate the power of human stupidity.***

*Robert A. Heinlein (1907-1988)  
American Writer*

YSC37

**You feel that you will never have any self-discipline and frankly you don't even care. You want to do what you want and you don't want anyone telling you what you need to do—especially when it comes to drugs. Your attitude has made it difficult for your family to deal with you.**

Lose 4 personal accomplishment points.

Lose 2 family points.

**Quote**

***Love is not to be purchased and affection has no price.***

*St. Augustine (354-430)  
Christian Saint*

YSC38

**You know you won't be able to accomplish anything until you stop doing drugs, but you just don't care. Nothing seems worth the effort.**

Lose 2 personal accomplishment points.

Lose 2 self-confidence points.

**Quote**

***To try may be to die, but not to care is never to be born.***

*William Redfield (1927-1976).  
American Actor*

YSC39

**You have been partying a lot and lately just haven't seemed to be able to keep up with your homework. Finishing school doesn't seem like it is very important anymore. You just want to have fun.**

Lose 1 personal accomplishment point.

**Fact**

***Although alcohol causes feelings of pleasure in low doses, it is a brain depressant and in high doses can cause motor impairment, coma, and even death.***

YSC40

Print on  
celestial  
blue  
cardstock

**You are proud of how well you are doing in one of your classes. You enjoy it a lot. Recently, you were drinking when you did a class assignment, but you were confident it was as good as your usual work. You were shocked when the teacher gave you an “F” on all of the assignments and contacted your parents about your poor work.**

Lose 5 personal accomplishment points.

### **Quote**

*Even though a number of people have tried, no one has found a way to drink for a living.*

*Jean Kerr (b. 1923)  
Author*

YSC41

**The last party you went to you got so drunk that you passed out on the floor. People took your clothes off and took pictures. You were completely humiliated. Lately you've had this recurring nightmare that people were circulating the pictures.**

Lose 4 personal satisfaction points.

Lose 4 self-confidence points.

### **Proverb**

*Man has no greater enemy than himself.*

YSC42

**When down, or when you are just plain tired of being depressed, you sometimes drink just to get out of the rut and feel something.**

Lose 3 personal satisfaction points.

**You had a few drinks before going to a family picnic, but didn't think anyone could tell you had been drinking. Later on you see a video of yourself at the picnic and were embarrassed by how stupid you acted.**

Lose 2 self-confidence points.

### **Fact**

*Alcohol has been linked to depression and suicide. In 23% of all suicides, the person was intoxicated at the time of death.*

YSC43

### **Proverb**

*Keep your words soft and tender because tomorrow you may have to eat them.*

YSC44

Print on  
celestial  
blue  
cardstock

**You get drunk and high and embarrass yourself by throwing up in front of friends at a school social.**

Lose 3 personal satisfaction points.

Lose 1 self-confidence points.

**Fact**

*Throwing up is one of the body's last defenses when the liver cannot break down dangerous substances such as alcohol or drugs. If a person were unable to throw up, the dangerous substances would begin to build up in the blood stream and brain damage or death could result.*

YSC45

**Lately your mom has not had money to buy enough food for the family, because you have been stealing money for drugs.**

Lose 2 personal satisfaction points.

Lose 2 physical health points.

**Proverb**

*Thousands drink themselves to death before one dies of thirst.*

YSC46

**You have been using cocaine for weeks and when you run out you become very depressed and suicidal.**

Lose 2 physical health points.

Lose 2 personal satisfaction points.

**Fact**

***6% of young adults use cocaine.***

YSC47

**You are an attractive person and you have found that if you sleep with people they are very willing to share their drugs with you.**

Lose 2 personal satisfaction points.

Lose 2 self-confidence points.

Lose 2 emotional health points.

**Quote**

***We say slavery has vanished from civilization, but that is not true. Slavery still exists... Its name is prostitution.***

*Victor Hugo (1802-1885)  
French novelist*

YSC48

Print on  
celestial  
blue  
cardstock

**You made a lot of plans at the beginning of the school year for what you wanted to accomplish. It is now the end of the school year and you haven't done most of the things you planned on. In fact, most of your time was spent getting stoned.**

Lose 3 personal accomplishment points.

**Proverb**

*Nothing ventured, nothing gained.*

YSC49

**You know you are using too much marijuana, but pot isn't really a hard-core drug, like cocaine. You feel it is O.K. to be high as long as you're happy.**

Lose 4 personal accomplishment points.

Lose 4 thinking/judgment points.

**Quote**

*Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.*

*Carl Jung (1875-1961)  
Swiss psychiatrist*

YSC50

**A smoke alarm went off in your home in the middle of the night. It took you a while to realize it was a false alarm. You were ashamed to discover that you had run to save the drugs and not your little sister.**

Lose 3 family points.

Lose 3 personal satisfaction points.

**Proverb**

*What is done cannot be undone.*

YSC51

**You broke open your little brother's piggy bank, stole the cash, and bought drugs.**

Lose 4 family points.

Lose 4 personal satisfaction points.

**Quote**

*A torn jacket is soon mended, but hard words bruise the heart of a child.*

*Henry Wadsworth Longfellow (1807-1882)  
U. S. poet*

YSC52

Print on  
celestial  
blue  
cardstock