

Name _____

Date _____ Period _____

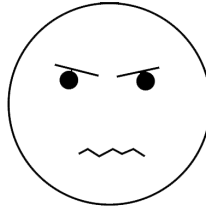
ALTERNATIVES TO DRINKING



Lonely, sad, depressed

If a person feels lonely, sad, or depressed, instead of drinking he or she can:

- 1.
- 2.
- 3.



Angry

If a person feels angry, instead of drinking he or she can:

- 1.
- 2.
- 3.



Insecure, shy, nervous

If a person feels shy, insecure, or nervous, instead of drinking he or she can:

- 1.
- 2.
- 3.



Bored

If a person feels bored, instead of drinking he or she can:

- 1.
- 2.
- 3.