

THE FUTURE YOU

After reviewing the information in Drug and Despair (p. 19), distribute **paper and pencils** and invite group members to reflect silently on the following: Pick a drug. Pick alcohol, cigarettes, marijuana, speed, coke, crack, acid, angel dust, smack...whatever drug you want. Pick a drug you know something about and write it down. Now project yourself into the future. You're a regular user, abuser and misuser of the drug you've picked. Ten years pass... Twenty years pass... How old are you now?

Then ask the following questions, pausing briefly after each question to allow group members to write their responses:

- Knowing what this drug can do to you, describe yourself 20 years from now.
- How much has your drug use cost you?
- What's your physical condition?
- What's been the effect on the people who know and care about you?
- What's happened to your mind?
- What kind of job—if any—have you managed to keep?
- What's the next 10 years of your life look like?

Volunteers may wish to share their reflections with the group.
