Help Yourself

With a partner read the following statements on the things people abusing drugs can do to help themselves. Then number them in the order you feel it should be done.

- **Face the truth** — the sooner the better. Admit you have a problem.

- **Learn the facts** through group and individual counseling and organizations that provide help at no cost.

- **Talk things out** with a counselor.

- **Ask a trusted individual** (teacher, counselor, etc.) where you can get help.

- **Accept** that our own choices affect our lives.