

BENEFITS OF REDUCING CONSUMPTION OR QUITTING

- You will begin to feel better physically, and emotionally - more energy, better rested, less depressed and irritable and more emotionally stable. You may develop some motivation to improve your health by quitting smoking, getting more exercise and losing excess weight.
- You can begin to relate to family members more consistently as an adult. You can look more honestly at problems in relationships and do something about them, or go for relationship counselling.

You can't benefit from counselling if you continue to drink excessively to escape stress or problems.

- You will have more time and energy to be an active parent to your children. Get to know them while they are still young. By doing this you become a positive role model for them.
- You will have more money to spend on other personal and family needs and to participate in healthy leisure activities.
- You can perform better at work and deal with problems more realistically.
- You can reduce legal consequences and costs.
- In general, you will be able to more fully experience life's happy times, and have more energy to cope with its difficulties.

Other Benefits that You can think of
