



### WHAT ARE THE GOOD BITS ABOUT USING METH?

e.g. Having fun / excitement, coping with stress, to help stay awake.

It's good to know the reasons why you use meth. It affects where, when, how much and how often you use it.

### WHAT ARE THE NOT-SO-GOOD BITS?

e.g. Sleep problems, feeling scattered, getting ripped off, fights, relationship bust-ups, money problems, hassles with work / study, getting busted, losing licence.



### DO YOU KNOW HOW MUCH YOU SPEND ON METH?

You may need a calculator for this section:

Per week \$  enter a dollar amount

Per month \$  multiply the weekly number by 4

Per year \$  multiply the monthly number by 13 (to equal 52 weeks)

After buying meth, do you find that you have enough money left over for daily expenses?  
e.g. food, rent, transport, bills (please circle)

Always

Mostly

Sometimes

Rarely

Never



### ON A SCALE FROM 1-10, HOW WORRIED ARE YOU ABOUT YOUR USE?

1   2   3   4   5   6   7   8   9   10  
Not at all worried Very worried

### HOW IMPORTANT IS IT FOR YOU TO MAKE CHANGES TO YOUR USE?

1   2   3   4   5   6   7   8   9   10  
Not important Very important

Why did you give these scores?

What would it take for your score to go up or down?

Turn the page over for more information