

Name _____

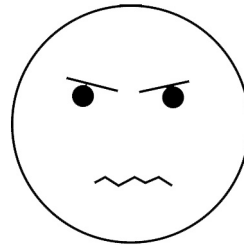
Date _____ Period ____



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:

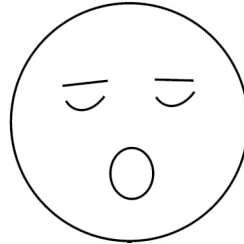
1.
2.
3.



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.