



# How does meth affect your life?

## Setting a Goal

If you have made the decision to not use as much meth or to not use meth at all, it may help to write it down. This decision will be your new goal and you need to have a plan in place to ensure you reach it.

Think about things like supportive people or places. Do you need to avoid certain people and places that make you feel vulnerable to using more than you plan?

If you're not sure where to start with your plan, continue reading and add to this list as you go along. Even if your goal is to cut down your use, rather than stop all together, an initial period of abstinence of one to four weeks may be useful to help break some habits, give your body a rest, and get a different perspective. Do you think a period of abstinence would be a good idea for you? Is it realistic for you to do this?

## Goal

I am going to:

The most important reasons I want to achieve my goal are:

Things that may stop me achieving my goal are:

## Alcohol and Drug Support Line

The service is available 24/7 via phone  
Phone: (08) 9442 5000  
Country callers: 1800 198 024  
Email: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

## Emergency

In an emergency call 000 for an ambulance immediately.



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Things I can do to overcome these barriers are:

The ways other people can help me are (name the person and how they can help):

The first thing I will do to achieve my goal will be:

I will know when I have achieved this goal because:

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