

SELF-TALK CARDS

My mom drinks/uses drugs all the time. I would like to spend more time with her, but I think I'm not as much fun as her drinking/drug using friends.

I'm on the baseball team. Today our team lost because I was the only player who didn't make any hits. Dad was disappointed and started to drink/get high when we got home.

I got in trouble at school today. This upsets my dad. When he is upset, he drinks/gets high.

Mom always gets angry at me, especially when she's been drinking/using drugs. Today I'm going to work extra hard at cleaning the house. Maybe then she'll be happy and won't drink/get high.

My brother and I are always arguing. Mom said that we make her feel crazy and that's why she drinks/get high.

My parents are divorced and I live with my dad. They are always arguing about me. After each argument, my dad starts drinking/using drugs. I feel like it's all my fault.

I'm always forgetting to put my things away. Dad came home after drinking/getting high with his friends and tripped over my bike and broke Mom's favorite lamp. Mom said he was drunk/high, but he denied it. He said it was all my fault.

My mom came home too drunk/high to fix dinner for my little brother and me. We were hungry, but I think we are too much trouble for her.