



# Mixed Messages

## Part 1: Alcohol Use

Complete this worksheet together as a family. First, in column two, checkmark the statements that you've either heard or said about alcohol. (If there's something else you hear a lot, add it at the bottom.) Focusing then on statements you've heard or said, talk about any problems you see with each statement. What messages does it send? Finally, think about other ways to achieve the goals (e.g., fitting in) without using alcohol. Write your ideas in the last column.

Having an alcoholic drink is a good way to . . .	We've heard or said this (✓)	What's wrong with this idea	Alternatives that fit our values
Fit in			
Show that you're mature			
Relax			
Let go of your inhibitions			
Celebrate or have a good time			
Reduce stress			
Have a good time			
Get someone to pay attention			
Cope with loneliness			
Feel good			



## Part 2: Tobacco Use

Complete this worksheet together as a family. First, in column two, checkmark the statements that you've either heard or said about using a tobacco product (e.g., smoking, vaping, chewing tobacco). (If there's something else you hear a lot, add it at the bottom.) Focusing then on statements you've heard or said, talk about any problems you see with each statement. What messages does it send? Finally, think about other ways to achieve the goals (e.g., relaxing) without using tobacco. Write your ideas in the last column.

Using a tobacco product is a good way to . . .	We've heard or said this (✓)	What's wrong with this idea	Alternatives that fit our values
Fit in			
Show that you're mature			
Relax			
Let go of your inhibitions			
Celebrate or have a good time			
Reduce stress			
Have a good time			
Get someone to pay attention			
Cope with loneliness			
Feel good			

Copyright © 2018 by Search Institute, Minneapolis, MN. May be reproduced for nonprofit, educational use.