



Playing it Through Flow Map

Part 1: Calculating the Cost

Actual Cost Analysis

In the spaces below, calculate the actual cost substance use has had on your finances in the past year.	
Money spent on drugs - Use your best approximation of how much you spent weekly on alcohol/drugs and multiply by 52.	\$
Money spent on legal bills – If applicable, how much was spent on legal bills related to substance use over the past year?	\$
Money spent on healthcare – If applicable, how much was spent on health issues related to substance use over the past year?	\$
Money lost due to job impact – If applicable, how much was lost due to job loss or missed days related to substance use over the past year?	\$
Money lost on education/unfinished projects – If applicable, how much was lost due to dropping out of school or giving up on a project due to substance use?	\$
Total cost of use:	\$

Relationships

In the spaces below, calculate the cost substance use had on your relationships over the last year and describe the impact.

Health

In the space below, calculate the cost substance use had on your physical and emotional health over the last year.

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Part 2: Future Cost Predictions

Based on the real data entered above, make an informed prediction of the cost an extended relapse could have on your life.

In the spaces below, calculate the cost of an extended relapse by considering the average price spent daily and multiplying according to the times provided.

In the spaces below, calculate the cost of an extended relapse by considering the average price spent daily and multiplying according to the times provided.	
1 Week	\$
1 Month	\$
1 Year	\$
5 Years	\$

Describe the impact an extended relapse could have on your relationships.

Describe the impact an extended relapse could have on your health, employment, and freedom.

Part 3: Play It Through Narrative

Using the information you gathered in Part 2, create a summative narrative of how an extended relapse would impact your life.