

## Eddy Takes Control

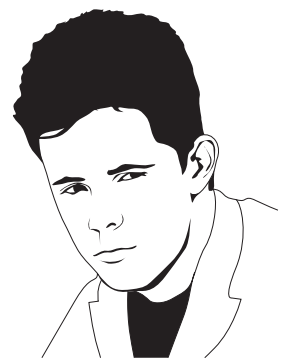
Eddy was not happy with himself. He had a drinking problem. It all started when he was 15. He was skateboarding with friends and one of the guys brought beer. This was the first time Eddy had beer. All of the guys thought it was great and started drinking. Eddy decided to try it. After drinking a can really fast, he felt funny. Everyone had another can. It was really fun. They were all doing tricks on their boards. Eddy did some jumps he had never tried before. He had a great time that night. Even when one of the guys fell off his board and broke his arm.

Eddy started drinking beer every week with the guys. He always felt good after he had a few beers. He didn't mind feeling bad the next day. Or getting sick when he drank too much. Drinking the beer made his problem go away. And he had some big problems.

His grades were getting really bad. He was flunking two classes. He had good grades the first semester. Now he just couldn't keep up. He was too tired to study at night. On the weekends, he was out with his friends or getting over his hangover. He had started to drink during the week, too. He would sneak beer into his room. Sometimes he just couldn't make it without drinking one or two beers.

In May, grade notices were sent home. His parents were really upset. They told him he couldn't go out with his friends and took his board away. Then it got worse. His friend, Mike, got caught drinking. After Mike got caught, Eddy's parents searched his room. They found empty beer cans. His parents were really angry. They even signed him up for group counseling.

At first, all Eddy could think about was getting a beer. He felt so bad. A beer would help him feel better. After a week, he didn't think about the beer so much. He started to feel a little better. His stomach even felt better.



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His mom made him do his homework, so his grades started getting better. But he really didn't like the counseling group. It was dumb. Everybody talked about drinking like it was a problem. He didn't have a problem. He just wanted to have a little fun.

Then they had a guy named Jack talk to the group. He was in a wheelchair. He was 18 and just finished high school. When Jack was 14 he started drinking. He really got hooked. Two weeks after he got his drivers license, his life changed. He was driving home from a party. He was really drunk and hit another car. Two people in the other car were badly hurt. Jack broke his back and will never walk again. He warned the kids in the group not to get hooked on drinking. It wasn't worth the damage it would do



Jack's story really hit home with Eddy. He decided he needed to get in control of his life and stop drinking. He wanted to graduate in two years. If he kept drinking he would mess up everything. In his Career's class Eddy needed to write a goal about the future. He decided to write a goal about staying sober. His goal was to go to group counseling every week and stop drinking.

After Eddy wrote his goal, he began to feel better about his future. He stopped hanging out with the guys who were drinking. He went to Alateen every week and made new friends. His grades got better because he was studying. Now he felt in control of his life.

**Directions: Discuss the following questions:**

1. What was Eddy's problem?
2. What did Eddy do to get control of his life?
3. How did Eddy's life change after he started working on his goal?
4. Why was it important for Eddy to take control of his future?
5. What would you do about this problem if you were Eddy?

## PERSONAL HEALTH GROWTH GOAL CONTRACT

To improve my personal health, I will:

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I will work on this goal for this amount of time:

From: \_\_\_\_\_ To: \_\_\_\_\_

I will evaluate and record my progress on the chart below.

I am committed to this growth goal.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

### Daily Goals Chart

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							