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| **STEPS TO WELLNESS**  Review Questions  Lesson Nine – Stop Poisoning Yourself | | | |
| T | F | (True or False) | |
|  |  | 1. | Drinking is the cause of a large share of the automobile accidents. |
|  |  | 2. | Alcohol is the most widely used mood-changing drug in the world. |
|  |  | 3. | Trying to escape life’s problems through drugs really adds to life’s problems. |
|  |  | 4. | Alcohol is a food that adds nutrition. |
|  |  | 5. | Alcohol has no effect upon your life span. |
|  |  | 6. | The brain is the first part of the body which alcohol affects. |
|  |  | 7. | Not only does alcohol affect the brain, but it damages the heart, stomach and liver. |
|  |  | 8. | Even a few bottles of beer can destroy brain cells. |
|  |  | 9. | Any person who drinks could become a problem drinker or an alcoholic. |
|  |  | 10. | Most people who have become dependent on drugs can easily stop using them any time they wish. |
|  |  | 11. | Since marijuana is not addictive, it is not a dangerous drug. |
|  |  | 12. | Marijuana leads to the use of stronger drugs. |
|  |  | 13. | Heroine can cause addiction after just one or two doses. |
|  |  | 14. | The basic reason for using drugs is selfishness. |
|  |  | 15. | The abundant life Jesus Christ offers has no need for drug dependence. |
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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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