

Life History and Lifestyle Factors

Name: _____

Date: _____

Identify both life history and lifestyle factors that have influenced your risk to engage in substance abuse.

A. List LIFE HISTORY factors (*things that have happened to you in your life*) that have influenced your substance abuse.

B. List LIFESTYLE factors (*what you do in your spare time, who you hang out with, how you do at work in school, where you live etc.*) that have influenced your substance abuse.
