

# The Hidden Costs of Your Addiction

## MONEY

Addiction is expensive. How much it's costing you depends on the substance and amount, but it's likely that the figure falls somewhere within one of these ranges:



### Alcohol

**\$4,000-15,000 per year**  
(\$10-40 per day; \$70-280 per week)



### Cocaine

**\$13,000-37,000 per year**  
(\$50-100 per day; \$350-700 per week)



### Methamphetamine

**\$7,500-22,000 per year**  
(\$20-60 per day; \$140-420 per week)



### Heroin

**\$25,000-60,000 per year**  
(\$70-170 per day; \$490-1,190 per week)

## THINGS YOU WANT AND NEED

Once you know roughly how much money you're losing, find out what that means to you and your family. Every year, this is what you're missing out on:



**\$3,000**

A tropical vacation for two or all of your utility bills for the year



**\$5,000**

A year's worth of groceries or car payments



**\$15,000**

A year of private tuition for three kids or an extra car for your family



**\$20,000**

Flights around the world for four of your family members or rent and utilities for the year



**\$30,000**

A brand-new car or university for one of your kids



**\$50,000**

All of your living expenses for a year or vacations for your entire family for the next 5 years

## TIME YOU'LL NEVER GET BACK

Addiction literally robs you of time with the people you care about. Every drink, hit or line knocks time off of your – or your loved one's – lifespan. On average, this is how much time you lose, every time a craving is indulged:

### Alcohol



**One drink = 6.6 hours lost**

Enough time for:  
An evening of conversation and quality time

### Cocaine



**One line = 5.1 hours lost**

Enough time for:  
Watching a couple of movies together

### Methamphetamine



**One hit = 11.1 hours lost**

Enough time for:  
Spending an entire day doing shared activities

### Heroin



**One dose = 22.8 hours lost**

Enough time for:  
Taking a little road trip with each other, just for fun

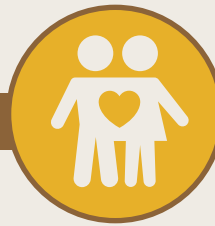
## YOUR WELLBEING

You know addiction is costing you money and time, but its less obvious consequences hurt you just as much. Here are just a few examples of the costs you may be unaware of:



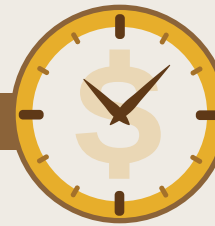
Battling addiction takes a toll on you in the form of chronic stress. Stress makes you more vulnerable to:

- High blood pressure
- Heart disease
- Obesity
- Diabetes



Direct confrontations wear you down and reduce the amount of energy you have to bring to every area of your life. This hurts you:

- Productivity
- Career
- Relationships
- Self-care and self-esteem



Addiction – has opportunity costs. If things were different, maybe you'd have the time and freedom to:

- Go back to school
- Start a business
- Take a vacation
- Get in shape

## LIFETIME COSTS – AND HOW TO AVOID THEM

Addiction, left untreated, is likely to last a lifetime. Over the course of 40 years, this is what it will cost (in addition to untold stress):

### Alcohol



**\$160,000-600,000**

and an average of **23.1 years lost**

### Cocaine



**\$520,000-1,480,000**

and an average of **34.3 years lost**

### Methamphetamine



**\$300,000-880,000**

and an average of **41.9 years lost**

### Heroin



**\$1,000,000-2,400,000**

and an average of **41.2 years lost**

**Investing in a lifetime of recovery at The Cabin costs just \$14,000**

For every dollar you invest in recovery, you gain up to \$171 and 26.2 minutes of family time.

**Think about that.**