



Motivation to Change

In the course of your recovery there might be times when you're tempted to use drugs or alcohol again. At those moments, its important to reflect on your motivation to change and focus on the good things that will come from having a new life without relying on drugs and/or alcohol

The following page contains a chart designed for you to complete with the benefits and drawbacks of two paths: continuing your current course or embracing change in your life

Consider this chart as a tool to revisit whenever you're unsure, and feel free to update it with positive developments during your recovery journey or challenges stemming from your substance use

Building your motivation - staying the same or changing?

Continuing as before

Advantage

Disadvantage

Making a change to my life

Advantage

Disadvantage

The next motivation map is all about where you see yourself in 5 years. Be daring and think about your big dreams. This map guides you in organising your thoughts about:

Relationships, Work, Fun & Other aspirations

It helps you compare where you are now with where you want to go and question if alcohol and/or drugs fit into your future vision

Building your motivation - long term change

Where I am now

Relationships/Family

Work/Housing

Fun/Social life

Other

Where I would like to be in 5 years

Relationships/Family

Work/Housing

Fun/Social life

Other

As you think about your future plans, you might feel uneasy about certain aspects. The upcoming map can help you find ways to handle those anxieties



What do you see as your primary concern?

What are some steps to take?

How will this help?

