



Check In – Where am I in the change process? - Making an honest self-assessment

Other people say that I should be trying to change my substance use habits because:

The REAL reason I am doing this is:

People say that when it comes to my drug/alcohol use I am: (Describe) -

...and the truth in my viewpoint is:

My favorite things about getting high are:

- 1.
- 2.
- 3.

While attempting to change for now, one positive thing I could try to get out of it is:

One thing I have learned thus far about drug/alcohol abuse is:

I am willing to admit, three not so good things that happened to me because of my substance use are:

- 1.
- 2.
- 3.

The hardest thing to imagine about staying clean long term is:

For me to be able to stay clean long term I would probably have to learn to be able to:

...and learn to stop:



Someone would give me _____

_____ to agree to never, ever get high or drunk again

In my life so far, if you added up all of the money I ever spent on drugs, alcohol and related stuff, I probably spent about _____ dollars. If I had that money now, I could:

I find it hard or just boring to do these things without getting high first

- 1.
- 2.
- 3.

Still, I prefer to do the following things when I am NOT high or drunk:

- 1.
- 2.
- 3.

I would NOT at this point be willing to change:

...But I am willing to make these changes to try to stay clean and stay out of trouble at least for now:

- a.
- b.
- c.

I have to admit again, I have seen some benefits of not getting high which are:

- a.
- b.
- c.

One positive thing I want to eventually do with my life is: