



## Deflating the Cushion from the Inside - Worksheet

The following is a worksheet for helping you utilize the appropriate tools for deflating your cushion, increasing urgency so that you can overcome setbacks and get back on track. It may be helpful to review each area but then primarily focus your ongoing efforts for the next few days or weeks specifically on the strategies that you identified as areas of need based on your scores from the previous section.

**For those areas that you really need work based on your score, try to come up with a specific plan that you think that you can start to follow to increase your strength and ability in that area**

**Tighten Up the Structure** – How can you increase structure in your life to help overcome setbacks? How can you add to or improve daily routines and good habits? – If this is an area that you really need to work on, try to come up with a specific plan that you believe in and that you are willing to follow through with. List below:

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**Don't Neglect the Physical** – What can you do in order to improve the physical aspects of your life and your change process? (exercise and physical activity) List:

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**Don't forget about COI's** – Do you have coexisting issues in addition to substance use/abuse? If so, is there a chance you are not taking care of them and this is contributing to you not being as fully motivated as you can be? List below some things you may need to start doing in order to take care of your COI's so that these issues do not weigh you down. What do you need to do in order to fully take care of your mental health? Brainstorm ideas:

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**Get Your Emotions Flowing** – Who or what is most important to you right now? How can your feelings for those important aspects of your life serve as inspiration to kick start your motivation and help you to overcome setbacks for good? (You may need to think about how your setbacks can affect these people and important life areas that you care most about) List your ideas below

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**Find Motivational People** – Who can you turn to or recruit to help you to increase your motivation, dedication, inspiration and hope? Is there anyone that you know that could be influential in helping you to make better choices that you have not been fully taking advantage of? List below:

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**Insight Building** –Can you learn more about yourself in order to overcome setbacks. Answer the following to questions as honestly and openly as possible

1. What do you think you need to overcome setbacks for good?

2. What do others say you need?

3. What strengths do you already have that you just need to take more advantage of in order to overcome setbacks?

4. What areas of weakness that have not already been addressed do you need to increase your focus on?



5. Is there a secret about yourself or your life that you may be holding on to that is preventing you from making the progress that you should be making? Who could you talk to about it in order to start dealing with the issue better?

**Contracting with yourself** – If setbacks are re-occurring and it seems that you keep on giving yourself permission for setbacks; can you set limits on yourself to stop this from happening? What consequences can you place on yourself?

*The next time I have a setback, I will:* Brainstorm some possible consequences below:

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*Now choose the best one by circling it above*

**Turn up the Heat – Fan the Flames** – What can you do to put more pressure on yourself? Is there someone that you need to “come clean to” about what is going on that could help you stay on the right path from now on?

**Environment** – What extra steps can you take to make your environment even more conducive to avoiding setbacks and staying on the right path? If you believe that your environment is safe you may still need to think outside the box and consider things that may be indirectly affecting your ability to make progress and stay away from substances