



My Insight Inventory

What is Insight?

Insight: The capacity for understanding one's own or another's thoughts, feelings, motives, and problems
"Sight with the eyes of the mind," mental vision, understanding,"

Part I – Open Problem Identification – To the best of your ability, try to use your insight to accurately and honestly describe the problem at hand. Be sure to include coexisting issues (things that may be bothering you beside just substance use issues). Elaborate as much as needed. Include your honest thoughts and feelings using as much detail as you need to.

Example – “I am using drugs more than I would like to and I have not been able to stop for a long enough period because I usually start getting really bored and very anxious and stressed out when I try to live without drugs, but my family is threatening to cut me off soon if I don't stop.”

Try to be:

- Detailed
- Thorough (include coexisting issues)
- Honest
- Include real feelings and thoughts you can identify:

My Open Problem Identification:



Self-Exploration: You may have insight, but you also may still need work on your motivation. Explore honestly:

Intro - In your opinion why do you keep using? (What draws you to getting high – honestly don't hold back – don't say "nothing" because if it was nothing you would have stopped already)

- 1.
- 2.
- 3.
- 4.
- 5.

List A - What do you like about being clean? (Or stated another way, what is it that you may not like about using – e.g. it's expensive, getting in trouble, family arguments, etc.) – What are some of the benefits of not using?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

List B - Next, list what you believe that you may need to change in order to make and sustain long term progress. Consider personality traits, environmental issues, and emotional/behavioral concerns. For example "I would need to get a job", "It would help if I moved" "I need to learn to manage my anger" "I have to stop dating _____"
Brainstorm with the understanding that you may not be able to change these things that easily, if at all

- 1.
- 2.
- 3.
- 4.
- 5.



List C - Now consider things that could motivate you. Using your imagination, brainstorm some hypothetical things that would motivate you to change if they ever happened (even if you believe they will never happen). Examples could include: getting arrested, going to jail, having your spouse leave you, losing your job, crashing your car, etc. – Remember use your imagination to think of things that would impact you enough to decide change for good on your own.

- 1.
- 2.
- 3.
- 4.
- 5.

List D - What are some things that you may feel guilty about with regard to your identified problem: (Hiding things from people you care about, stealing, lying, cheating, manipulating others, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

List E - What are some things that you imagine would improve in your life over the long term if you changed for the better and kept it that way? (For example, “I probably would have more time to work so I would do better at my job” or “I would be in a better position to try to go back to school and get my degree” etc.)

- 1.
- 2.
- 3.
- 4.
- 5.



Now go back and read over all of your lists from your insight inventory that you have completed so far. Add anything that you may have overlooked, but then take the time to really think about these issues. Finally circle the three or four items total that stood out as the most meaningful to you from lists A through E above. These are your *identified internal motivators*: List them again below

Final List - My Identified Internal Motivators: The reasons for change that stand out the most to me taken from my previous lists in the Self-Exploration section above:

- A.
- B.
- C.
- D. (optional)

Discussion -

- 1. Share and discuss you internal motivators with your counselor and your group.**
- 2. Talk a little about where you see yourself in a year or two and some of your goals that may have come up in this exercise:**
- 3. Being honest, even if you don't think it will ever happen, how can getting high get in the way of your goals?**
- 4. What can you start to work on today in order to make some of your dreams and goals become reality? If you are required to stay clean now how can that help?**
- 5. Use your Final List of identified internal motivators from this exercise above, how can you use these ideas to stay motivated to improve your situation, even if just a little for now?**