



POVA – Point of View Adjustment

This activity requires an open mind and creativity. It is about analyzing views that are different than your own

1. **Identification:** Again, to start do your best to define your own situation below (as you see it today):

EXAMPLES

> “The judge thinks that I need substance abuse counseling because I had a few drinks the night I was arrested during an argument with my wife that got out of hand, but in my opinion alcohol had nothing to do with it”

> “My school drug tested me and I was positive for marijuana even though in reality I was not high at the time but they are making me come to counseling even though I know that I don’t have a problem with weed or anything else for that matter”

> “If I don’t go to counseling I am going to get fired because I got hit with a random drug test at work and I was positive for cocaine, even though coincidentally that was the only time I had done cocaine in years”

> “I honestly don’t know why my wife is making me do this. She thinks I drink too much but I really don’t know what she is talking about”

2. **Imagination:** Think about other views besides your own.

EXAMPLES

>The school thinks that if I smoke marijuana I will ruin my future

>My father thinks that because he is a recovering alcoholic, that if I drink I am going to become one too

>Society says that if I smoke weed I will eventually move on to harder drugs

>My family thinks that just because drugs are illegal, that if I use them I will eventually end up in jail, even if I am careful

List as many views as you can below – Once again, be open minded, imaginative and creative-

1.

2.

3.

4.

5.



Taking that a step farther by trying to understand **WHY** –

Based on the 5 items you personally listed above try to come up with a statement of deeper understanding as to why someone may believe each of these items to be true (regardless of whether or not you agree or disagree).

EXAMPLE

>“*Even though I don’t fully agree with this - society says that marijuana smokers move on to harder drugs because so many crack and heroin users started with marijuana first when they were teenagers*”

1.

2.

3.

4.

5.

Now identify and discuss *evidence*:

Evidence - something that makes plain or clear; an indication or sign: *His flushed look was visible evidence of his fever.*

For this final section it is important to be able to be open minded and dig deeper one more time. The question for each area identified above (1 through 5) is:

What evidence (proof) would it take in your personal life to get you to start thinking that maybe these other viewpoints could be true?

EXAMPLE –

>If I stopped just getting drunk on the weekends and started drinking every day that may be evidence something is wrong

>If I move on from just alcohol and marijuana to drugs like cocaine and heroin that would be evidence that I have a real problem

Now go through areas 1-5 and as honestly as possible think about what would need to happen in order for you to change your mind (even if you do not believe it will ever happen) -

1.

2.

3.

4.

5.



FINAL QUESTIONS FOR THOUGHT AND DISCUSSION:

Do you have any friends/acquaintances who you know use more or “harder” than you?

- **In what ways are you different from them?** For example, “they use drugs that I won’t use” or “They get high every day and I don’t”
- **Being honest, in what ways are you similar to them?** For example “Sometimes we go to the same parties” or “I have tried some of the drugs they use” or “I have been arrested just like many of them have”

Suppose your drug of choice were to stop working for you one day, even if it was in 5 or 10 years in the future, what do you think that you will do? (If your answer is “I’ll just quit!”, then consider, do you think that will be easy at that point?)

If you keep using for another 5 or 10 years, how much money do you imagine that you will go through during that time period?

What would you say is your game plan to keep from getting arrested in the future related to substance use?

People get high for many reasons (For example, for fun, to relax/relieve stress, to relieve boredom, to socialize, etc.). **What would you say is one or two of your reasons?**

What do you think that you will end up doing if getting high no longer works for the reasons you listed one day? (For example, what if after a bunch of years it isn’t fun anymore, or if it doesn’t help you relax anymore?)

Finally, being honest and open minded and considering the fact that people who get worse over time with their drug use, usually didn’t think that would happen to them; Can you at least *understand* why people may be concerned that you could get worse one day?