



Insight Inventory Part II – (Identifying External Motivation and Support)

Individually - If you are able, identify at least two or three people who meet this criteria:

- They know you at least somewhat
- They care about you and you care about them on some level
- They are able to give you a reasonable, honest opinion* (Try not to choose someone who is simply going to try to tell you what you want to hear and that's it)

In a Group – Counselor should set aside time for each client to fill out the following with at least 2 other group members in a one on one interview format.

Activity:

Person #1 – _____

Ask Person #1 following questions:

Based on what you know about my situation and the pressure I may be under, if you were in my shoes, what are some things you would be concerned about? (In relation to my identified current problem, such as violating probation, losing a job, getting kicked out of house, etc.)

- 1.
- 2.
- 3.

Based on what you know about me and my past is there anything that you are surprised has not happened to me yet? (For example, “I am amazed that you have never been to jail with all of the risks you took”)

- 4.

Based on what you know about me and my circumstances, who or what would you turn too in order to get outside help with staying on the right path? (Some examples, Get a 12-Step Sponsor, Find as sober friend you can trust, Try to get into therapy, etc.)

- 5.
- 6.



Repeat for Person # 2 –

Person #2 _____

Ask Person #2 following questions:

Based on what you know about my situation and the pressure I may be under, if you were in my shoes, what are some things you would be concerned about? (In relation to my identified current problem, such as violating probation, losing a job, getting kicked out of house, etc.)

- 1.
- 2.
- 3.

Based on what you know about me and my past is there anything that you are surprised has not happened to me yet? (For example, “I am amazed that you have never been to jail with all of the risks you took”)

- 4.

Based on what you know about me and my circumstances, who or what would you turn too in order to get outside help with staying on the right path? (Some examples, Get a 12-Step Sponsor, Find as sober friend you can trust, Try to get into therapy, etc.)

- 5.
- 6.

Self-Analysis – Answer the following questions honestly yourself:

Is there anyone else that has not been mentioned already that you could use as a form of support and external motivation? (For example, “I have an uncle in recovery I could call for help”)

- 7.

Think about it, is there anything that you could try to start doing in order to increase your level of cooperation and compliance with people who are expecting you to change? (This is probably the toughest question so be honest – For example “I could try to stop lying to my parents about sneaking in getting high now and then” or “I could stop trying to get over on my urine drug tests with probation and pass the tests honestly from now on”)

- 8.



Final Review:

Now go back and read the information you have collected carefully for the above section of the Insight Inventory. Circle about three or four things that stand out to you as the most meaningful from your interviews or from your self-analysis. These are your *identified external motivators*. List them below.

Final List 2 - My Identified Potential External Motivators:

W.

X.

Y.

Z. (optional)

Final Discussion:

Whether you did this on your own, or with a group, can you pick at least one or two of the External Motivators from your Final List and make a commitment to follow through with it? If so, which do you choose and what is your plan? Explain: