MAINTAINING MOTIVATION

Most people in recovery are extremely motivated to do whatever it takes to stay sober, be healthy, and feel better, at least at first. Throughout your recovery journey, it is critical to sustain or regain that strong desire to have a new life. Sometimes “I’ll do whatever it takes,” becomes “how little can I do and still get by?” Those in recovery are often extremely motivated as they enter treatment and are helped by the support, training, and even the difficult lifelong work of treatment. While in treatment, it is important to practice strategies that maintain motivation. Once the support of your recovery group is gone, your new habits will already be well-established and your long-term recovery will be stronger.

WRITING YOUR STORY

Reflect on your primary reason for doing the hard work of getting healthy and maintaining your life of recovery. How has your motivation for sobriety changed over time? Identify times you had competing motivations and conflicting desires. What has this done to your motivation and energy level? Name someone who inspires you to stay on track and stick to your goals.

_________________________________________________________________________________
_________________________________________________________________________________
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_________________________________________________________________________________
_________________________________________________________________________________

DISRUPTIONS IN MOTIVATION

Examine the following threats to your motivation and select the ones you can relate to:

☐ Not feeling supported by friends or family
☐ Being overwhelmed, stressed, or anxious
☐ Having frequent temptations in your environment inviting you to use again
☐ Having a recent relapse and thinking, “so what’s the use?”
STAYING MOTIVATED - WORKSHEET 1

☐ Blaming someone else for your failures or troubles
☐ Feeling deprived by the thought you can never use again
☐ Having regrets, feeling overwhelmed, and then giving up
☐ Believing treatment is too hard
☐ Thinking treatment takes too long
☐ Feeling that no one cares if you stay sober

☐ Feeling singled out or different
☐ Thinking the trouble you were in is over now
☐ Believing the relational pressure you were under is gone now, so you'll be fine
☐ Thinking you are better now and no longer have a problem
☐ Thinking you have to focus on other things for a while and don't have time for your recovery plan

What did you learn about yourself from this checklist?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

MAKING IMPORTANT CHANGES

In order to be and stay healthy, it is important to keep your motivation levels high. Consider the following common motivations to stay sober. Which ones can you relate to? Check the ones that apply to you.

☐ Be healthy
☐ Save money
☐ Comply with probation
☐ Restore damaged relationships
☐ Not feel out of control
☐ Not feel guilt, remorse, or regret
☐ Have more energy
☐ Look and feel better
☐ Like myself better

☐ Live with integrity
☐ Reduce or eliminate legal problems
☐ Worry less
☐ Restore trust
☐ Feel better spiritually
☐ Feel more confident
☐ Be an inspiration to someone
☐ Not have to explain myself
☐ Be more focused on family relationships
STAYING MOTIVATED - WORKSHEET 1

☐ Get a better job
☐ Restore my marriage/relationship
☐ Not have withdrawal effects
☐ Trust myself
☐ Avoid stupid, impulsive, and drunken decisions
☐ Not be physically, sexually, or emotionally reckless
☐ Finish school
☐ Be proud of myself
☐ Sleep better

Looking at the items you checked, which ones reflect your primary reasons to do the work of recovery?
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

MAINTAINING MOTIVATION

Most people are highly motivated when they enter treatment for co-occurring disorders. It is important to do whatever is needed to sustain your initial enthusiasm. Review your goals frequently. Keep your primary goals for maintaining sobriety readily available where you can see and remember them. Continually find ways to stay inspired and keep your drive for recovery success high.