

MOTIVATION AND CHANGE: RECOVERY WORKBOOK

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INTRODUCTION

This work pack has been written to assist anyone using substances to examine their motivation around addressing their substance use. It will look at what motivation actually is and then offer you a chance to explore your own motivation, either to continue using drugs/alcohol or to change.

This pack is also designed to help you have a better understanding of the process of change and explore your motivation for wanting to change. It should help you decide whether you are ready to change.

It is expected that some of the questions in this pack (and their answers) may raise some issues that you might find difficult or uncomfortable to think about or answer. However, it is important to think about these things and answer the questions as honestly as you can, so that you can get the maximum benefit from completing the pack.

Once you have completed the pack it should be returned and/or discussed with your Recovery Navigator. There will then be an opportunity to discuss the work you have done and any issues raised with your Recovery Navigator.

Please remember there are no right and wrong answers. Everybody is motivated in different ways and for different reasons and everybody's substance using experience is different. The answers you give in this pack are about **YOU** and **YOUR** experiences.

WHAT IS MOTIVATION?

Motivation is '***the thing that stimulates a person to be interested in doing something or to act in a particular way***'. You could say it is the interest we have in doing something.

In one way or another, we are all motivated and it is important to remember that we are all motivated in different ways and for different reasons. For some people their motivation may be that they want to show their family that they have changed or they may want to do a particular course or try a new activity. Others may genuinely want to change themselves as they are not happy with the way they act.

The best type of motivation comes from within ourselves; we do things ***because we want to do them***. If you do something because you want to do it, there will be a good chance that you will succeed. If you do something because somebody else wants you to do it, you can easily lose interest in it, mess it up or fail completely, sometimes deliberately.

On the following pages are a series of worksheets to help you examine your motivation around your substance use.

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WORKSHEET 1: THE THINGS I LIKE AND DON'T LIKE

<p>The things I like about drinking or using</p>	<p>The things I don't like about drinking or using</p>
<p>The things I like about not drinking or using</p>	<p>The things I don't like about not drinking or using</p>

WORKSHEET 2: HOW DOES MY SUBSTANCE USE AFFECT ME?

	The affects that I like	The affects that I don't like
Short Term		
Long Term		

How do I feel about the way my drink or drug use affects me?

How much has my drug/alcohol use cost me? Do not forget to include cost of buying drugs, fines, loss of earnings, divorce settlements etc.

What other price have I paid? Please include loss of relationships (family and friends), loss of jobs, loss of freedom, loss of self respect etc.

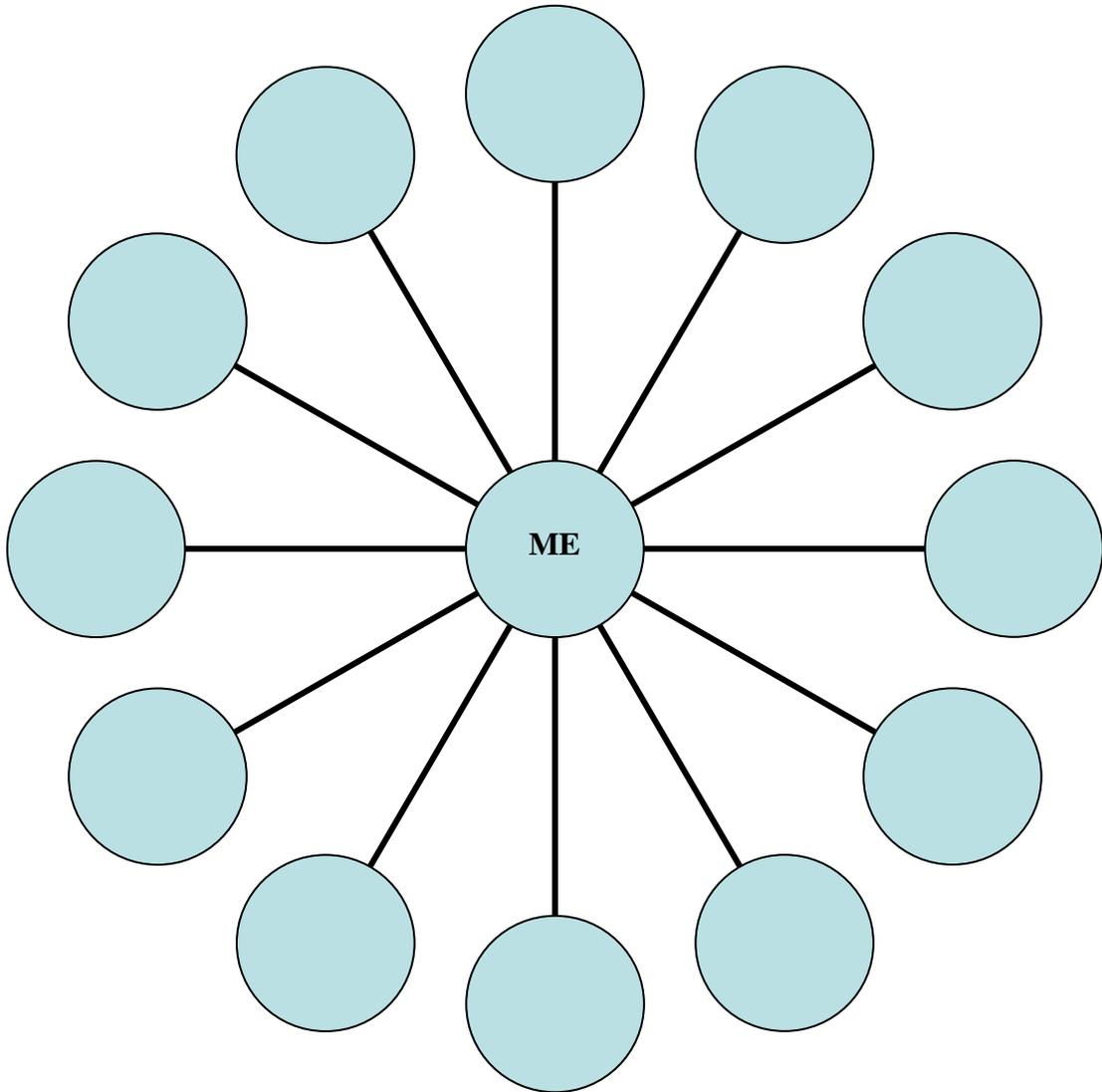
Have I ever lost control of my drink/drug use? What happened?

Have I ever had a gut feeling that what I was doing was wrong?
Give examples.

Have I ever done anything I said I'd never do? Give examples.

WORKSHEET 3: Who else is affected by drink/drug use?

Write down the other people who are affected in the circles e.g. mum, dad, sister, victim.



How are these people affected? List them and explain.

How do I feel about the way they are affected?

How do I think they feel about my drink or drug use?

What do other people want me to do about my drink/drug use?

What do I want to do about my drink/drug use?

What is Change?

Change can be described as **'to make or become different'** or **'to pass from one form or phase into another'**.

Are you a Luddite?

During the industrial revolution, a number of great technological advances were taking place, especially in the textile industry. New machinery was being developed and was taking away jobs from the people. In 1811 a group that went under the name of *'General Ned Ludd and his Army of Redressers'* started taking action against these advances in technology by attacking factories and industrialists homes in Yorkshire, Nottingham, Lancashire and the surrounding areas. This lasted for a few years. People died and machinery was destroyed. It became such a problem that the Prince Regent at the time offered a reward of 50 Guineas to anyone giving information to help stop it from happening. A number of people lost their lives through rioting and the gallows. More were transported to Australia (possibly the biggest prison ever known).

Today, 'Luddites' are seen as people who are opposed to change. Although you may be able to understand why the original Luddites acted as they did, it is important to remember that if change had not happened at that time, we would not be able to enjoy the benefits of change that we do today. We would not have washing machines, vacuum cleaners, cars, televisions, cookers or playstations. You could say that almost 200 years on, we are now enjoying the types of things that the Luddites were opposed to. The important question now is **'Are you ready to change?'**

How does change work?

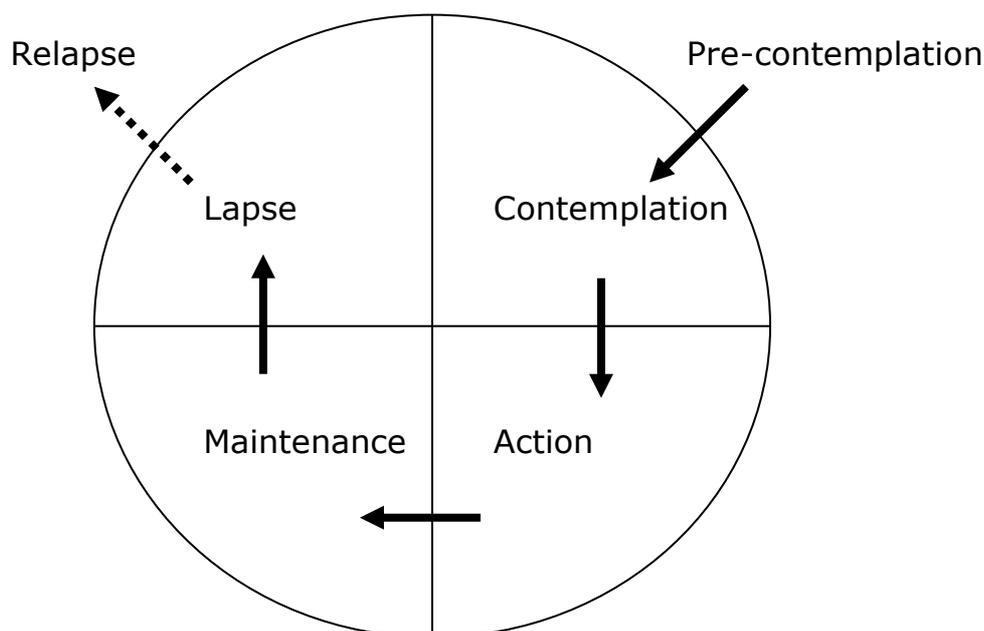
When people decide to change, it does not just happen. It is normally planned so that it will be successful when it happens. For example, somebody may decide they want to rent a flat (change) to be closer to their work and their family (motivation). They will think about where they want to move to, check out the new areas they have decided on and then start looking for accommodation in those areas. When they have found a place they will pay a deposit and rent, tell the landlord they are leaving the old place, pay up all their outstanding bills, pack up their things and transport them to the new place. As you can see there is a lot of thinking and planning involved before any action is taken.

When people want to change themselves, there is a process that they go through. Two people, Proschaska and Di Clemente (1982) studied the process of change that people go through when they try to give up smoking. They found that there are different stages to change and that often people fail in their efforts to stop smoking.

They came up with 'The Cycle of Change' which shows the different stages of the change process and recognises that people do lapse and relapse. Although it was developed for people giving up smoking, the Cycle of Change process is the same for anybody who wants to make changes, such as giving up drugs or alcohol.

The next worksheet looks at the Cycle of Change.

WORKSHEET 4: THE CYCLE OF CHANGE



Pre-contemplation

You do not think there is anything wrong with taking drugs. You still could be enjoying it. However other people like family and friends may think you have a problem and keep going on at you.

Contemplation

You have started to notice everything is not OK about your drug taking. You may have started to realize some of your difficulties maybe because you are taking drugs. However, you are unsure about whether you want to give up drugs altogether or feel maybe the current circumstances are not the right time for you to do so.

Action

You have decided that drugs are causing you a problem and realise you have got to do something about it. You can plan a course of action. This could be something like contacting the CARAT team.

Maintenance

You address your drug taking issues and make a change in your behaviour. This could be something like giving up drugs altogether, or maybe from injecting drugs to smoking them instead.

Lapse

This is one time *mistake* of using drugs again. This is a warning sign that something in your maintenance strategy e.g. support network, coping strategies or motivation is slipping. You need to evaluate what's gone wrong and make an immediate plan to get yourself back into maintenance.

Relapse

You go back to your previous behaviour but it down not mean that you go back to square one. This can either be long term or short term.

What stage of the cycle of change are you at? Why do you think this is where you are?

Where would you like to be on the cycle of change? What could be the next step in getting yourself where you want to be?

Do you feel ready to make a change in your drug using behaviour and your lifestyle? What makes you say this?

WORKSHEET 5: CHANGING

If you feel ready to change it can be helpful to identify your goals and what will support and motivate you to makes and maintain changes. Please complete the sentences:

“The changes I want to make in my life are...”

“The reasons why I want to make these changes are...”

“Who can I go to for support?” (please list)

Person/Place	How can they support me

“Problems that might interfere with my plans are...”

“How could I overcome these problems?”

Can you think of anything that might make your situation worse by changing?

Look back at your answers now. What do you notice? Do you think you need to discuss some of these with your Recovery Navigator?

HIGH RISK SITUATIONS

A high risk situation is a situation which increases the chances that you will lapse/relapse. They are also unique to you. In the past you are likely to have found it difficult to deal with these situations without using. So in order to help you stick to your decision to change it is important to identify your high risk situations. When you are aware of them you can plan how to cope with them as and when they arise.

Having completed this book and looking at your motivation, complete this worksheet about the steps you can now take to help you increase or maintain your motivation.

My action plan.

1.

2.

3.

4.

CONCLUSION

The question now is '**Where does that leave you?**' Are you a Luddite or are you ready to make changes?

Hopefully you will now have a better understanding of what it is that motivates you. You should also have a better idea of whether or not you want to make changes in your life.

If you do want to change you should also now know what you want to change and why and may have already started to plan how you can do it.

Although we have said that change should come from within, there are people who can help and support you to change. If you are not sure about this you can speak to your Recovery Navigator for help and advice.

Please use this space her to write down any questions or points that you want to discuss with you Recovery Navigator.

Finally there is one more question for you to answer.

What have I learnt from completing this pack?

Although change may be difficult it is important to **keep a positive attitude** and not let negative attitudes bring you down.

Good Luck!