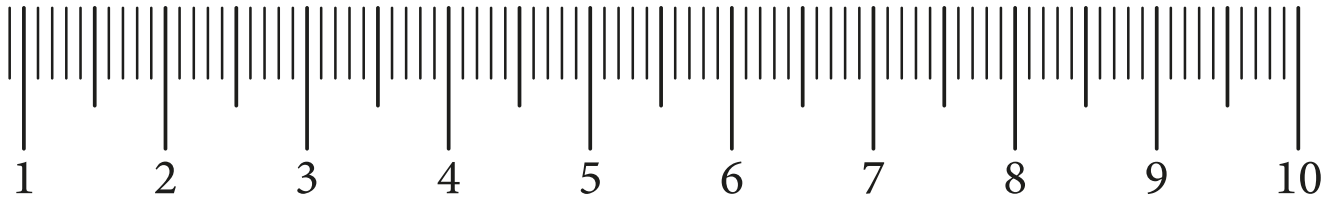


Substance Use Motivation Ruler Worksheet

Let's talk about your motivation to quit using substances. On a scale of 1 to 10, how pumped are you to make a change? If you're a 1, you're not feeling it at all, while a 10 means you're super confident and ready to take the leap towards sobriety. Where are you on that spectrum?



Where would you place yourself on this ruler right now?

What are the reasons you chose this number?

What might help you move one point higher on the scale?

What obstacles might keep you from moving up the scale?

Why is making a change important to you?
