

My Reasons for Change

Change can mean awareness, reducing harm, cutting down, pausing, stopping or seeking support.

What would I like to be different?

Why does this matter to me personally?

What might improve if my substance use changed?

What am I worried I could lose by changing?

It is okay to acknowledge that using may currently meet real needs.

Who or what matters enough to motivate me?

How important does change feel today?

Circle or write a number from 0-10.

Why that number rather than a lower one?

One small change that feels realistic is...
