

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?

Who or what matters enough to motivate me?

How important does change feel today? (0-10)

Why that number rather than a lower one?

One small change that feels realistic is...