

MOTIVATION: THE FUEL FOR RECOVERY



IF THERE'S ONE THING THAT'S CRYSTAL CLEAR IN RECOVERY, IT'S THAT MOTIVATION ISN'T A ONE-AND-DONE DEAL. IT'S MORE LIKE A FIRE THAT NEEDS CONSTANT TENDING. YOU'VE GOT TO KEEP FEEDING IT, KEEP THE FLAMES ALIVE, ESPECIALLY WHEN THE WINDS OF LIFE TRY TO BLOW IT OUT. IN RECOVERY, MOTIVATION IS YOUR LIFELINE—IT GETS YOU TO A MEETING WHEN YOU'D RATHER NOT LEAVE THE HOUSE AND PUSHES YOU TO SAY 'NO' WHEN TEMPTATION KNOCKS ON YOUR DOOR.

NOW, IT'S TOTALLY NORMAL TO THINK THAT AFTER A WHILE, YOU WON'T NEED TO WORK ON MOTIVATION AS MUCH—THAT IT'LL JUST 'BE THERE.' BUT THAT'S NOT HOW IT WORKS. EVEN THOSE WITH YEARS OF SOBRIETY UNDER THEIR BELTS MUST KEEP THEIR MOTIVATIONAL MUSCLES FLEXED. WHY? BECAUSE LIFE DOESN'T STOP THROWING CURVEBALLS JUST BECAUSE YOU'VE DECIDED TO STAY SOBER.

SO, TO ANYONE THINKING MOTIVATION IS JUST FOR THE NEWBIES IN RECOVERY, THINK AGAIN. IT'S FOR EVERYONE, EVERY DAY. IT'S THE FUEL FOR YOUR RECOVERY ENGINE; WITHOUT IT, YOU'RE NOT GOING ANYWHERE. FIND NEW REASONS TO STAY ON TRACK, CELEBRATE EVERY MILESTONE, AND REMEMBER WHY YOU STARTED THIS JOURNEY. YOUR FUTURE SELF WILL THANK YOU FOR YOUR EFFORT TODAY TO MAINTAIN THAT DRIVE.

“PEOPLE OFTEN SAY THAT MOTIVATION DOESN'T LAST. WELL, NEITHER DOES BATHING — THAT'S WHY WE RECOMMEND IT DAILY.” — ZIG ZIGLAR.

MOTIVATION – THE ESSENCE OF DRIVE AND DESIRE

At its core, **motivation is the psychological engine that propels you to take action.** It is a state of mind, a complex emotional experience that combines our desires, needs, and ambitions, prompting us to pursue our goals.

In the recovery journey, motivation is the crucial fuel that propels us forward. Understanding motivation and its workings can be a game-changer in this transformative process.

THE INNER WORKINGS OF MOTIVATION:

Motivation is more than just a fleeting feeling of wanting to do something; it's a complex interplay of factors that drive our behavior and decisions. At its core, motivation stems from a desire to fulfill particular needs or achieve specific goals. It's the force that pushes us to overcome challenges, change, and persist even when the path gets tough.

Biological Factors: These include our physiological needs for food, water, and rest. This might translate to taking care of your physical health as a motivating factor in recovery.

Emotional Factors: Our feelings play a significant role in motivation. Emotions like hope, love, or even frustration can drive us to change our lives.

Cognitive Factors: Our thoughts and beliefs influence our motivation. This includes our self-efficacy, belief in our ability to succeed, and mindset toward recovery and change.

COMPONENTS OF MOTIVATION

To understand motivation, particularly in recovery, it's helpful to consider aspects like direction, intensity, persistence, and adaptability. These components collectively shape how motivation manifests and sustains itself throughout recovery.

DIRECTION: CHOOSING A PATH

Goal-Oriented Focus: Direction in motivation refers to having a clear goal or objective. In recovery, this might mean setting specific, achievable goals like attending regular therapy sessions or maintaining daily sobriety. It's about choosing a path and focusing your efforts towards it.

Aligning Actions with Goals: The direction of motivation ensures that your actions are consistently aligned with your recovery goals. It helps in filtering out distractions and staying on course with your objectives.

INTENSITY: THE STRENGTH OF MOTIVATION

Level of Commitment: Intensity is about the strength and vigor with which you pursue your goals. High-intensity motivation in recovery could manifest as a strong commitment to your treatment plan or a vigorous approach to building new, healthy habits.

Emotional and Psychological Investment: Intensity also involves the emotional and psychological energy you put into recovery. It reflects in the passion, enthusiasm, or determination you exhibit in overcoming challenges along the way.

PERSISTENCE: STAYING THE COURSE

Consistency Over Time: Persistence is crucial in recovery, as it involves maintaining your motivation over time despite obstacles or setbacks. It's about the enduring effort to stay on track with your recovery goals.

Resilience in the Face of Challenges: Persistence also embodies resilience — the ability to bounce back from difficulties or failures without losing motivation. It's about keeping your eyes on the long-term goal, even when the journey gets tough.

ADAPTABILITY: ADJUSTING TO CHANGE

Flexibility in Methods: Adaptability in motivation involves being flexible in achieving your goals. In recovery, this might mean adjusting your strategies in response to new challenges or changes in your circumstances.

Openness to Learning: It also includes being open to learning and growing from positive and negative experiences. This adaptability ensures that your motivation evolves and strengthens as you progress in your recovery journey.

WHERE DOES YOUR MOTIVATION COME FROM?

In the recovery journey, understanding your motivation source is key to tapping into its full power. Motivation, the driving force behind our actions and decisions, can broadly be classified into intrinsic and extrinsic. Each type plays a unique role in shaping our behavior and our approach to recovery. By recognizing where your motivation comes from, you can harness it more effectively to sustain your journey toward a healthier life.

INTRINSIC MOTIVATION: THE DRIVE FROM WITHIN

Intrinsic motivation refers to being driven by internal rewards and personal satisfaction. This type of motivation arises from within you, independent of external rewards or recognition. It's fueled by an inner desire to engage in activities because they are enjoyable or personally rewarding.

Characteristics: Intrinsic motivation is characterized by engaging in

behavior for its own sake, finding personal fulfillment, and feeling a sense of achievement or personal growth.

In Recovery: Intrinsic motivation might manifest as a desire to stay sober because it makes you feel proud, improves your self-esteem, or aligns with your values. It's about the internal satisfaction and sense of accomplishment that comes from overcoming challenges and making positive changes in your life.

Sustainability: This type of motivation is often more sustainable as it's less dependent on external factors and more aligned with personal goals and values.

EXTRINSIC MOTIVATION: EXTERNAL INFLUENCES AND REWARDS

Extrinsic motivation, on the other hand, is driven by external factors. This could include rewards, recognition, praise, or avoiding negative consequences. It's about doing something not necessarily for the inherent enjoyment of the activity but for a separable outcome.

Characteristics: Extrinsic motivation involves engaging in activities for reasons such as receiving rewards, meeting the expectations of others, or avoiding negative outcomes like punishment or criticism.

In Recovery: For someone in recovery, extrinsic motivation could be driven by the desire to rebuild relationships, meet professional obligations, or avoid legal troubles. It might include adhering to a treatment plan to please family members or to maintain employment.

Role in Recovery: While extrinsic motivation can be powerful in initiating change, its long-term effectiveness might be limited if not eventually internalized or supported by intrinsic factors.

THE TRANSITION FROM EXTRINSIC TO INTRINSIC MOTIVATION IN RECOVERY

THE JOURNEY FROM EXTRINSIC TO INTRINSIC MOTIVATION IN RECOVERY IS OFTEN PROFOUND AND TRANSFORMATIVE. A COMPELLING EXAMPLE OF THIS TRANSITION CAN BE SEEN IN THE CONTEXT OF LEGAL CONSEQUENCES LEADING TO TREATMENT.

CONSIDER THE SCENARIO WHERE INDIVIDUALS, AFTER FACING LEGAL TROUBLES DUE TO DRINKING, ARE OFFERED THE OPTION TO UNDERGO ADDICTION TREATMENT INSTEAD OF SERVING TIME IN JAIL. INITIALLY, THEIR MOTIVATION TO ENTER AND STAY IN TREATMENT IS EXTRINSICALLY DRIVEN. THEY ARE PRIMARILY AIMING TO COMPLY WITH COURT ORDERS, NOT NECESSARILY OUT OF A GENUINE DESIRE TO RECOVER. THIS IS A CLASSIC CASE WHERE EXTERNAL CIRCUMSTANCES, RATHER THAN PERSONAL CHOICE, SPUR THE DECISION TO SEEK TREATMENT.

IN THESE SITUATIONS, IT'S NOT UNCOMMON FOR INDIVIDUALS TO START THEIR RECOVERY JOURNEY WITH A CERTAIN LEVEL OF RESISTANCE OR RELUCTANCE. FOR INSTANCE, I RECALL A WOMAN WHO BEGAN ATTENDING THE SMART RECOVERY MEETINGS THAT I HOST AS



PART OF HER COURT-ORDERED PROGRAM. INITIALLY, HER PARTICIPATION WAS MINIMAL – SHE WAS THERE MORE FOR THE SAKE OF FULFILLING HER LEGAL OBLIGATIONS THAN FOR ANY PERSONAL COMMITMENT TO RECOVERY. SHE WOULD ATTEND JUST TO GET VERIFICATION OF HER MEETING ATTENDANCE, OFTEN REMAINING QUIET AND DISENGAGED.

HOWEVER, AS SHE CONTINUED TO ATTEND THESE MEETINGS, SOMETHING BEGAN TO SHIFT. OVER TIME, SHE STARTED TO ENGAGE MORE ACTIVELY, FIRST BY LISTENING INTENTLY, THEN BY SHARING HER OWN EXPERIENCES, AND EVENTUALLY BY OFFERING INSIGHTS AND SUPPORT TO OTHERS IN THE GROUP. THIS GRADUAL CHANGE WAS A CLEAR INDICATION OF HER EVOLVING MOTIVATION.

AROUND SIX MONTHS INTO HER JOURNEY, THERE WAS A NOTICEABLE TRANSFORMATION. SHE BEGAN TO EXPRESS A GENUINE DESIRE FOR SOBRIETY, NOT JUST AS A LEGAL REQUIREMENT, BUT AS A PERSONAL GOAL. SHE ARTICULATED A VISION FOR HER LIFE THAT INCLUDED RECOVERY AS A KEY COMPONENT, REFLECTING A SHIFT TO INTRINSIC MOTIVATION. SHE WAS NO LONGER JUST ATTENDING MEETINGS TO AVOID JAIL TIME; SHE WAS THERE TO BUILD THE FOUNDATION FOR HER BEST LIFE.

THIS PROFOUND CHANGE IS A POWERFUL TESTAMENT TO HOW INDIVIDUALS CAN START THEIR RECOVERY JOURNEY DRIVEN BY EXTERNAL FACTORS AND, OVER TIME, DEVELOP A DEEP, PERSONAL COMMITMENT TO THEIR SOBRIETY. IT ILLUSTRATES THE DYNAMIC NATURE OF MOTIVATION IN RECOVERY AND THE POTENTIAL FOR EXTRINSIC MOTIVATORS TO PAVE THE WAY FOR INTRINSIC ONES. WATCHING THIS TRANSITION UNFOLD IS A REMINDER OF THE INCREDIBLE CAPACITY FOR CHANGE AND GROWTH THAT LIES WITHIN EACH PERSON ON THEIR PATH TO RECOVERY.

EXERCISE: INTRINSIC VS EXTRINSIC MOTIVATION

Objective: To help you identify and distinguish your internal motivations from external rewards.

Instructions: Think of a goal or activity you are currently pursuing or considering. Write it down below.

Reflect on Intrinsic Motivations: In the left column, list the reasons you are pursuing this goal that come from within. These might be things like personal growth, fulfillment, enjoyment, or alignment with your values. Questions to prompt your thoughts might include:

- Why would I pursue this even if no one else ever found out?
- What personal satisfaction comes from this activity or goal?
- How does this activity align with my core values or sense of self?

Reflect on Extrinsic Motivations: In the right column, list the external rewards you might receive from pursuing this goal. These could include praise, recognition, money, or status. Questions to prompt your thoughts could be:

- What external rewards do I expect or hope to receive from this?
- How much of my desire to pursue this goal is influenced by others' opinions?
- What tangible rewards will this goal bring me?

EXERCISE: INTRINSIC VS EXTRINSIC MOTIVATION (CONTINUED)

Evaluate and Compare: Look at your lists. Are there more intrinsic or extrinsic motivations? Do any surprises emerge when you see your motivations written out?

Reflect on Balance: Consider how a balance of intrinsic and extrinsic motivations might be healthy. Is there a way to foster more intrinsic motivation for this goal? How might you adjust your approach to this goal if you find external rewards overly drive it?

Action Planning: Based on your insights, write down one or two steps you can take to enhance your intrinsic motivation for this goal. It could be as simple as reminding yourself of your internal reasons before engaging in the activity or finding personal meaning in an externally driven task.

It's important to recognize that extrinsic motivation is not inferior to intrinsic motivation; it's simply different. While intrinsic motivation can lead to deeper, self-driven change, extrinsic motivation is essential for everyday tasks and achieving short-term goals. Getting a paycheck or a reward can jumpstart action and lead to personal growth. It's the balance of both motivations that often leads to a fulfilling life. Recognizing the value of each type helps us align our actions with our broader life goals.

MAINTAINING MOTIVATION IN RECOVERY

Keeping the flame of motivation burning in recovery is crucial. Unlike a sprint, recovery is a marathon, and maintaining motivation over the long term is a critical component of sustained sobriety. It's not uncommon for motivation to fluctuate, and recognizing this as a regular part of the recovery process is essential.

Here are some aspects of maintaining motivation to consider:

Reflecting on Progress: Regularly looking back at how far you've come can provide a significant boost to motivation. Acknowledging the milestones achieved, no matter how small, can reaffirm the value of the recovery journey and encourage continued effort.

Setting Achievable Goals: Establish clear, attainable goals for recovery. This can help maintain focus and provide a sense of direction. As each goal is achieved, it can increase motivation to set and achieve new ones.

Finding Purpose Beyond Addiction: Discovering new interests or rekindling old passions can shift focus from the struggle of recovery to the enjoyment and fulfillment these activities bring. This can create intrinsic motivation that fuels the desire to maintain sobriety.

Support Systems: Leverage support groups, friends, family, or a mentor to keep motivation high. Sharing experiences and goals with others can provide encouragement and accountability.

Managing Setbacks: Understand that setbacks are a part of the journey, and learning from them can be motivating. Instead of seeing them as failures, view them as opportunities for growth and learning.

Self-Care: Prioritizing physical and mental health through proper nutrition, exercise, sleep, and stress management can improve overall well-being and enhance the energy needed to stay motivated.

Visualizing the Future: Regularly envisioning a future free from addiction can be a powerful motivator. Picture the benefits of recovery and the positive impact it will have on your life and the lives of those around you.

Adapting Strategies: Be open to changing your strategies for maintaining motivation. What works at one stage of recovery might not work at another, so flexibility is key.

Education: Learn about addiction and recovery. Understanding the processes and challenges can demystify them and bolster your resolve to overcome them.

Rewarding Yourself: Create a system of rewards for maintaining sobriety. These rewards should be healthy and supportive of your recovery journey.

Incorporating these tactics can help maintain motivation through the ups and downs of recovery, making the process more manageable and the goals more attainable.

STRATEGIES: 15 TIPS TO GET MOTIVATED

Are you having trouble getting motivated? Here are 15 ways to kickstart your motivation.

1. **Set Clear, Achievable Goals:** Break your main goal into smaller, manageable tasks that you can tackle one by one.
2. **Create a Vision Board:** Visualize your success by creating a collage of images that represent your goals and aspirations.
3. **Find a Recovery Role Model:** Look to someone who has succeeded in recovery for inspiration.
4. **Join a Support Group:** Surround yourself with people who understand your journey and can provide encouragement.
5. **Celebrate Small Wins:** Acknowledge and celebrate even the smallest victories to build momentum.
6. **Keep a Progress Journal:** Document your journey, noting the progress you've made.
7. **Develop a Routine:** Establish a daily routine that includes time for activities related to your recovery.
8. **Revisit Your 'Why':** Remind yourself of the reasons you started on the path to recovery.
9. **Engage in Positive Self-Talk:** Replace negative thoughts with affirmations and positive mantras.
10. **Exercise Regularly:** Physical activity can boost mood and energy levels, contributing to a more motivated mindset.
11. **Practice Gratitude:** Reflect on the things you're grateful for; gratitude can renew your motivation.
12. **Learn Something New:** Take up a new hobby or skill that can redirect your focus and give you a sense of achievement.
13. **Volunteer Your Time:** Helping others can provide a new perspective and rekindle your motivation.
14. **Limit Negative Influences:** Cut down on or eliminate exposure to negative people or media that drain your energy.
15. **Seek Professional Help:** If you're struggling to stay motivated, consider talking to a therapist or counselor who specializes in addiction recovery.

WRAP-UP: MOTIVATION THE FUEL FOR RECOVERY

As we wrap up our exploration of motivation in recovery, it's vital to acknowledge that the journey of recovery is uniquely personal, and so is the motivation that drives it. Combining internal desires and external influences fuels the sustained commitment to sobriety. Recognizing the importance of both intrinsic and extrinsic factors is crucial.

Intrinsic motivation, the drive from within, is often the most enduring. It's the passion for a life free from the chains of addiction, the deep-seated wish to heal relationships, and the personal aspiration to live by one's values. On the other hand, extrinsic motivation, such as the support of loved ones, societal expectations, or legal requirements, can catalyze change and reinforce ongoing efforts.

To nurture motivation in recovery, it's essential to:

- Celebrate the small victories as well as the large ones.
- Set realistic and incremental goals to foster a sense of achievement.
- Engage with a supportive community that encourages and uplifts.
- Remain adaptable, understanding that what motivates you can change over time.
- Use setbacks as learning experiences to fortify your resolve.

Remember, the path of recovery is a marathon, not a sprint. Maintaining motivation is about finding balance, seeking support when needed, and constantly reminding yourself of the reasons you chose this path. By doing so, you solidify your commitment to a healthier, substance-free life, embracing the challenges and triumphs that come with it.

“WHAT YOU GET BY ACHIEVING YOUR GOALS IS NOT AS IMPORTANT AS WHAT YOU BECOME BY ACHIEVING YOUR GOALS.” – HENRY DAVID THOREAU.

TOOL: COST BENEFIT ANALYSIS FOR RECOVERY

The Cost-Benefit Analysis (CBA) is a tool to help you understand the advantages and disadvantages of your substance use and the benefits and potential challenges of recovery. By laying it all out, you can see more clearly what you stand to gain and lose, aiding in making informed decisions about your recovery journey.

This tool is widely utilized in various addiction recovery programs, including **SMART Recovery, to whom we extend credit for developing and popularizing this effective approach.**

Instructions:

Benefits of Drinking: In the upper left quadrant, write down the benefits you gained from drinking. Ask yourself:

- What immediate pleasures or relief do I get from using?
- How does substance use affect my mood and outlook in the short term?
- Are there social situations where substance use feels beneficial?
- What do I believe substance use gives me that I can't get elsewhere?

Costs of Drinking: In the upper right quadrant, write down the costs of drinking. Ask yourself:

- How has my health been affected by substance use?
- In what ways has substance use strained my relationships?
- What financial burdens have I faced due to my substance use?
- Have there been legal or career repercussions because of my substance use?
- How do I feel about myself when I am using?

Benefits of Not Drinking: In the lower left quadrant, write down the positives of not drinking. Ask yourself:

- What health improvements might I expect if I stop using?
- How could my relationships change for the better if I quit?
- What could I do with the money saved from not purchasing substances?
- What personal goals could I achieve with the time and energy not spent on using?

Costs of Not Drinking: In the lower right quadrant, what do you perceive as negatives if you stop drinking? Ask yourself:

- What discomforts or challenges might I face during withdrawal or recovery?
- How will I handle situations where I used to rely on substance use?

TOOL: COST BENEFIT ANALYSIS FOR RECOVERY (CONTINUED-1)

What will I miss about the culture or community I had when I was using?

Are there aspects of substance use that I enjoyed, like rituals or routines, and how can I replace them?

Process:

Take your time to reflect on each quadrant. Be honest with yourself.

Write down immediate thoughts and also consider the long-term effects in each category.

It's important to acknowledge that even substance use has perceived benefits, or else stopping wouldn't be a challenge.

After filling out all quadrants, reflect on what you've written. The aim is to provide a balanced view of the current situation and the changes you wish to make.

NOTE FOR FIRST-TIME USERS OF THE COST BENEFIT ANALYSIS TOOL:

AS YOU BEGIN USING THE COST BENEFIT ANALYSIS TOOL FOR THE FIRST TIME, YOU MIGHT INSTINCTIVELY FEEL THAT THERE ARE NO BENEFITS TO DRINKING OR SUBSTANCE USE. THIS IS A COMMON INITIAL REACTION, BUT IT'S IMPORTANT TO APPROACH THIS EXERCISE WITH AN OPEN AND HONEST MINDSET.

CONTRARY TO WHAT MIGHT SEEM APPARENT, ESPECIALLY IN THE CONTEXT OF RECOVERY, ACKNOWLEDGING THAT THERE WERE PERCEIVED BENEFITS TO YOUR SUBSTANCE USE AT THE TIME IS CRUCIAL FOR AN EFFECTIVE ANALYSIS. AS MY ADDICTION COUNSELOR WISELY POINTED OUT WHEN I INITIALLY CLAIMED THERE WERE NO BENEFITS, "IF THERE WERE TRULY NO BENEFITS, WHY DO YOU DO IT THEN?" THIS QUESTION IS A POWERFUL REMINDER THAT OUR ACTIONS, EVEN THOSE THAT ARE ULTIMATELY HARMFUL, OFTEN STEM FROM SEEKING CERTAIN BENEFITS, ALBEIT SHORT-LIVED OR UNHEALTHY.

REMEMBER, THE GOAL OF THE COST BENEFIT ANALYSIS IS NOT TO JUSTIFY SUBSTANCE USE BUT TO PROVIDE A COMPREHENSIVE AND HONEST OVERVIEW OF BOTH THE POSITIVE AND NEGATIVE ASPECTS AS YOU PERCEIVE THEM. THIS BALANCED PERSPECTIVE IS ESSENTIAL FOR UNDERSTANDING YOUR PAST ACTIONS AND MAKING INFORMED DECISIONS FOR YOUR FUTURE IN RECOVERY.

TOOL: COST BENEFIT ANALYSIS FOR RECOVERY (CONTINUED-2)

Here's a sample to get started. This is mine completed on 11/7/ 2023.

| List the Benefits and Costs of Drinking | |
|---|--|
| Benefits | Costs |
| <p>ESCAPE HATCH FROM ALL THAT I DIDN'T WANT TO DEAL WITH.</p> <p>NUMBED THE PAIN OF NOT LIKING MYSELF</p> <p>HELP WITH SOCIAL ANXIETY.</p> <p>COPING MECHANISM</p> <p>LOOSENED ME UP - MORE FUN</p> <p>I CAN'T DEAL WITH THIS SHIT</p> <p>DEAL WITH STRESS</p> <p>FELT NORMAL</p> | <p>EXCRUIATING HANGOVERS</p> <p>NO ONE TRUSTED ME INCLUDING MYSELF</p> <p>COST A LOT OF MONEY</p> <p>TERRIBLE PHYSICAL HEALTH - HIGH BLOOD PRESSURE</p> <p>LOST TIME I WILL NEVER GET BACK</p> <p>DIVORCE PAPERS ON THE KITCHEN TABLE</p> <p>LYING AND HIDING DRINKING</p> <p>NOT PRESENT FOR LOVED ONES</p> <p>INCREASED ANXIETY AFTER DRINKING</p> |
| List the Benefits and Costs of Not Drinking | |
| Benefits | Costs |
| <p>NO MORE HANGOVERS</p> <p>REGAIN TRUST</p> <p>NO MORE LYING AND HIDING MY DRINKING</p> <p>DID NOT GET DIVORCED</p> <p>IMPROVED HEALTH</p> <p>REGAINED MENTAL CLAIRITY</p> <p>IMPROVED HEALTH - BLOOD PRESSURE NORMAL</p> <p>CREATING THE LIFE I ENVISION FOR MYSELF</p> <p>MORE MONEY</p> | <p>HAVE TO DEAL WITH THINGS WITHOUT ALCOHOL</p> <p>NO MORE TEMPORARY ESCAPES</p> <p>LOSING MY PERCEIVED BEST FRIEND FOREVER</p> |

TOOL: COST BENEFIT ANALYSIS FOR RECOVERY (CONTINUED-3)

Now, you do it.

| List the Benefits and Costs of Drinking | |
|--|--------------|
| Benefits | Costs |
| | |

| List the Benefits and Costs of Not Drinking | |
|--|--------------|
| Benefits | Costs |
| | |

TOOL: COST BENEFIT ANALYSIS FOR RECOVERY (CONTINUED-4)

Reflection:

After completing the CBA, ask yourself the following questions:

Which quadrant has the most compelling reasons for you?

Do the long-term benefits of not using outweigh the short-term benefits of using?

How can you mitigate the costs of not using? What strategies can you develop to cope with these challenges?

Are there benefits of using that you can achieve in healthier ways?

Action Steps:

Based on your CBA, list some action steps you can take to begin addressing the costs and enhancing the benefits of not using. These can be small, incremental changes that steer you towards recovery

TOOL: RECOVERY MOTIVATION MAPPING

Purpose: To help you identify what drives your motivation in recovery and how you can tap into it when you need a boost.

List Your Motivators: Take a moment to think about what motivates you in your recovery journey. **List at least five things that push you to maintain your sobriety.** These can be intrinsic (personal growth, inner peace) or extrinsic (family, career goals).

Rate Your Motivators: Next to each motivator, rate its strength on a scale from 1 to 10, with one being the least and ten being the most motivating.

Detail the 'Why': For each motivator, write a sentence or two explaining why it is important to you. Try to go deeper than the surface level; for example, if 'family' is a motivator, detail what about your relationship with your family drives you.

| Motivator | Rating 1 to 10 | Why? |
|-----------|----------------|------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |

TOOL: RECOVERY MOTIVATION MAPPING (CONTINUED-1)

Envision the Outcome: For your top three motivators, visualize in detail what achieving your goal looks like. How does it feel? What changes in your life?

| Motivator | What Does Achieving Your Goal Look Like? |
|-----------|--|
| 1. | |
| 2. | |
| 3. | |

Identify Challenges: Consider what might challenge or weaken your motivation. Acknowledge these challenges and write them down.

Develop Strategies: For each challenge, write down a strategy to overcome it. This could involve seeking support, reminding yourself of your motivators, or engaging in a specific recovery-related activity.

| Challenges | Strategies to Overcome Challenges |
|------------|-----------------------------------|
| 1. | |
| 2. | |
| 3. | |

Commitment Statement:

Write a commitment statement that you can turn to when you need to remind yourself of your motivation. It should be affirmative and empowering, reflecting your dedication to your recovery journey.

Here's a sample commitment statement if you are having trouble coming up with one:

"I AM COMMITTED TO MY RECOVERY BECAUSE IT IS IMPORTANT FOR MY HEALTH AND HAPPINESS. EACH DAY, I CHOOSE TO STAY SOBER AND WORK TOWARDS A BETTER FUTURE. I BELIEVE IN MY STRENGTH AND THE SUPPORT AROUND ME TO MAKE POSITIVE CHANGES IN MY LIFE."

TOOL: RECOVERY MOTIVATION MAPPING (CONTINUED-2)

Now, write your commitment statement.

Reflection: Consider the following questions to solidify your recovery motivators.

How does acknowledging your motivators affect your mood and outlook on recovery?

Which motivators have the strongest pull for you, and why do you think that is?

How can you integrate reminders of your motivators into your daily life to keep your motivation levels high?

Review Regularly:

Remember motivation can ebb and flow, and change over time. This tool is not a one-time event. Make it a practice to review your motivations on a regular basis to keep your recovery journey energized.