

MOTIVATION

What it is and how to increase it!

Client Workbook

Addictions Treatment Version

**Alaska VA Healthcare System
Anchorage, AK**



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INTRODUCTION

Welcome, and Congratulations! Deciding to come into the program is a big step and required a big decision on your part.

There is a part of you that desperately wants to be clean and free. That is the reason you are here. This program is designed to help you accomplish that goal; and you have a right to expect our best efforts to help you achieve it.

However, another reason you are likely here is because there is a part of you that doesn't want to give up alcohol and drugs. There is that struggle between the part of you that wants to recover and the part of you that wants to drink and use. This class was created to address that struggle and help you win. It has everything to do with MOTIVATION. Other treatment components will help you develop skills (e.g., how to solve problems, cope with stress, identify and avoid relapse triggers, etc.) Still others will help you with mental health problems that you may have. But all that knowledge and skills will not help you stay clean and sober unless you are MOTIVATED to staying clean and sober.

What is MOTIVATION? It is whatever influences you to behave toward a specific goal (like getting another drink, going to an AA meeting). Everyone had different MOTIVATORS for using drugs and alcohol. Everyone will have different MOTIVATORS for staying sober. This class will teach you steps on how to stay motivated to live (and enjoy) a sober life.

To learn these steps, you must participate in class and complete the exercises in this workbook. You must identify your own personal MOTIVATORS and make them an important part of your sober life.

First, we will:

- Identify your own MOTIVATORS for recovery.
- Identify your own MOTIVATORS for using alcohol or drugs

Next, you will:

- Learn how you make decisions using your "Decision Scale."

Finally, you will learn how to:

- Maximize your MOTIVATORS for recovery.
- Minimize your MOTIVATORS for using alcohol or drugs.

SESSION 1

👉 MOTIVATORS FOR RECOVERY

MOTIVATORS FOR RECOVERY

MOTIVATORS FOR RECOVERY are everywhere. Some are Benefits of Recovery, and some are Costs of Using. For example:

SITUATIONS:

"My boss will be pleased by how hard I work now." (Benefit of Recovery)

"When I'm using, I don't even have a job." (Cost of Using)

EMOTIONS:

"I can look at myself in the mirror and feel good about myself for a change." (Benefit of Recovery)

"I feel so ashamed and guilty when I'm using." (Cost of Using)

RELATIONSHIPS:

"I've finally become a partner my spouse can trust." (Benefit of Recovery)

"When I use, I can't even trust myself. How can my spouse trust me?" (Cost of Using)

PHYSICAL FEELINGS:

"It feels great to be clean, clear-headed and ALIVE." (Benefit of Recovery)

"I feel lousy, weak and confused after an all-nighter." (Cost of Using)

BEHAVIORS:

"I can buy that boat and fish with my new friends." (Benefit of Recovery)

"I never left the couch when I was drinking." (Cost of Using)

On the next page, you will identify your own MOTIVATORS FOR RECOVERY.

BENEFITS OF RECOVERY:

COSTS OF USING:

In Class (NOW):

**Write down all the
MOTIVATORS FOR
RECOVERY that we
talk about in this
session that apply to
YOU!**

**When you've written
down as many of
your MOTIVATORS
FOR RECOVERY as
you can, then turn to
the next page.**

A FEW WORDS ABOUT MOTIVATORS FOR RECOVERY

Think back to a time in your life when you were not even thinking about this program, let alone wanting to come into it. But look, now you are here. What changed your mind?

The typical answers clients give are things like DUI, divorce, loss of job, homelessness, health problems, broken families, etc. Many times someone will use that summary, “I just got sick and tired of being sick and tired.”

These are all examples of one type of motivator for recovery – the **costs of using**. Notice how effective they were. They motivated you to make that hard decision to come into this program. But getting a person to make that first step is about the only thing they are good at doing. How many times have you thought to yourself if I just remember how bad it was, I’ll **never** go back – only to find yourself down the road right back in that same situation.

A key to becoming and staying motivated toward recovery is **NOT** to focus on the **costs of using**, but to focus on identifying and building on your **benefits of recovery**. Costs are things that people want to avoid. Benefits are things we seek after.

In the past, you sought alcohol and drugs because of the benefits they gave (feels good, helps me relax). Some people refer to substance use disorders as “disorders of appetite.” Well, you already have the appetite. Now, you want to make it work **on your behalf** as you begin develop a craving, hunger, desire for all the benefits of recovery that you personally want in your life. Recovery is not just sitting home in your apartment trying not to think about the corner liquor store. Recovery is actively pursuing real benefits with that same sense of expectation, excitement, and anticipation. And feeling good and satisfied when you get them. When you make that switch, you will find that you will enjoy recovery, not endure it.

This class and workbook will help you with that.

GOOD NEWS ABOUT YOUR CHANCES FOR SUCCESS

Sometimes, people get discouraged seeing others who are so disciplined, so motivated and goal oriented; and they always have accomplishments to show for it. You may feel that you don’t have what they have. But, here is some good news. You already have demonstrated that you possess the main ingredient for driving your recovery. That is, you already have motivation. Think how much suffering, agony, losses you endured in order to get that next drink. Nothing could stop you or get in the way between you and that next eight-ball. You had LOTS of motivation to get what you desired.

This class now will help you understand your motivation to use and your motivation to stay clean. And then it will help you **be in control of your personal motivational factors to make them work for you.**

VISUALIZING THE BENEFITS OF YOUR RECOVERY

(NOTE TO Group Leader. Can be done as a group guided imagery session using benefits written on the white board.)

Two pages back, you made two lists of your personal MOTIVATORS FOR RECOVERY. One list was the **benefits of recovery**. Right now, these benefits may just be words on the page. Let's make them "come alive" right now.

1. Look at the list of benefits of your recovery.
2. Read the first one.
3. Now, close your eyes and picture in your mind what it would be like. Be specific, detailed, and personal.

For example, if you listed "Having money," picture actually having money in your pocket and bank account. Imagine your spouse asking for grocery money, being able to give some -- AND still have money left! Notice how relaxed you feel when you go to the mailbox knowing that you are not going to find a bunch of overdue bills.

4. Read the second one and do the same thing.

For example, if you listed "Being a good father," imagine overhearing your son brag about you to his friend about how hard you worked to overcome your addiction – and won.

5. Continue doing this with each and every one of your benefits of recovery.

Notice how **great** it feels even to imagine these things being true in your life.

Imagine how **wonderful** it will be when they start becoming true for you.

SESSION 2

👉 MOTIVATORS FOR USING

👉 YOUR PERSONAL DECISION SCALE

MOTIVATORS FOR USING

You may not think about it while in treatment, but there are many MOTIVATORS out there for drinking and drugging. Some are Benefits of Using and some are Costs of Recovery. Here are some examples:

SITUATIONS:

"I like hanging out at the bar; my friends are there." (Benefit of Using)

"I'm stuck up here in this treatment program." (Cost of Recovery)

THOUGHTS:

"It's a lot easier just to get high and ignore my bills." (Benefit of Using)

"This recovery stuff is more work than I want to do." (Cost of Recovery)

EMOTIONS:

"I don't even care about problems when I'm high." (Benefit of Using)

"Recovery means facing my guilt and shame about using." (Cost of Recovery)

PHYSICAL FEELINGS:

"Man, that rush feels GREAT!" (Benefit of Using)

"Having to fight drug cravings is no fun." (Cost of Recovery)

BEHAVIORS:

"I'm more sociable and calm when I'm drunk." (Benefit of Using)

"Going to all those AA meetings is a drag." (Cost of Recovery)

On the next page, you will identify your own MOTIVATORS FOR USING.

In Class (NOW)

Write down all the
**MOTIVATORS FOR
USING** that we talk
about in this
session that apply
to YOU!

BENEFITS OF USING:

COSTS OF RECOVERY:

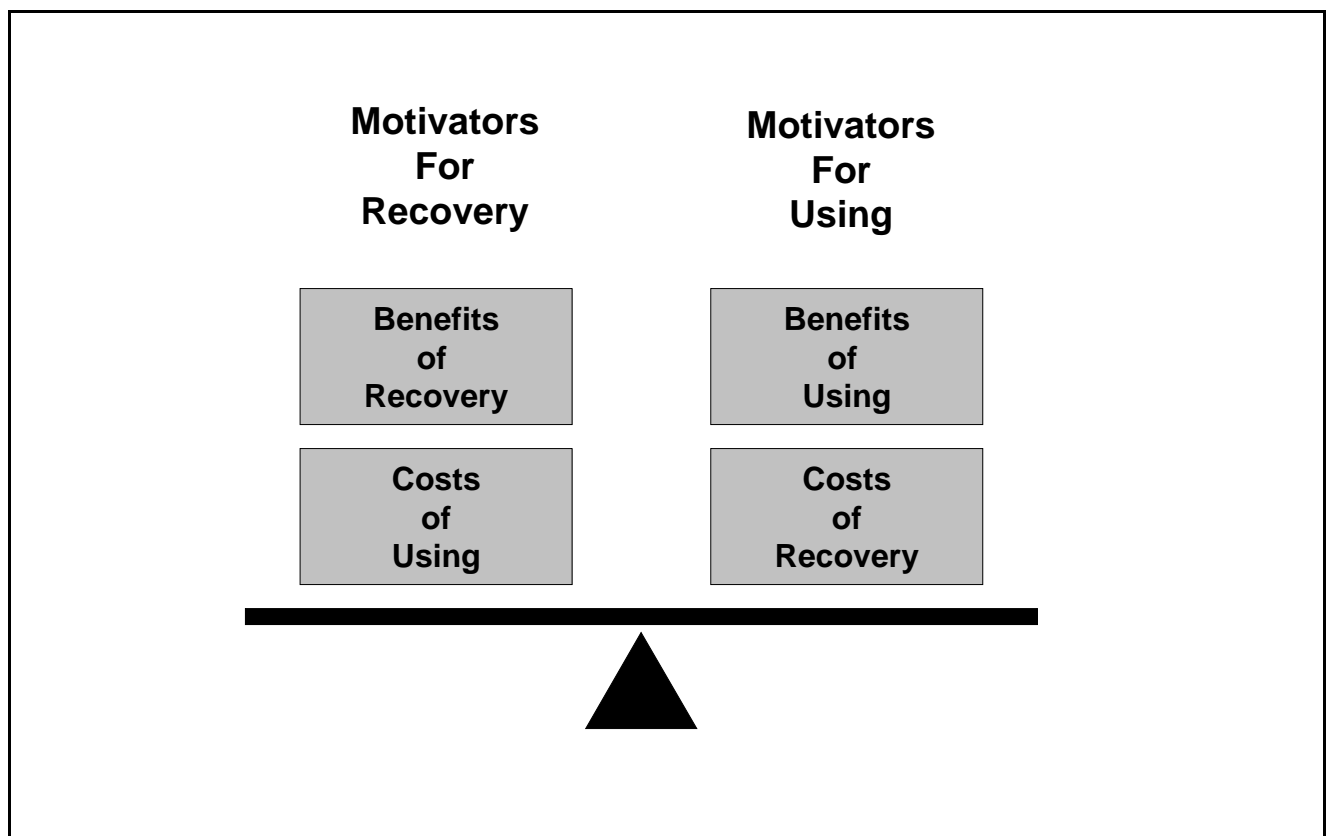
After you are
done,
turn the page. . .

DECISION SCALE

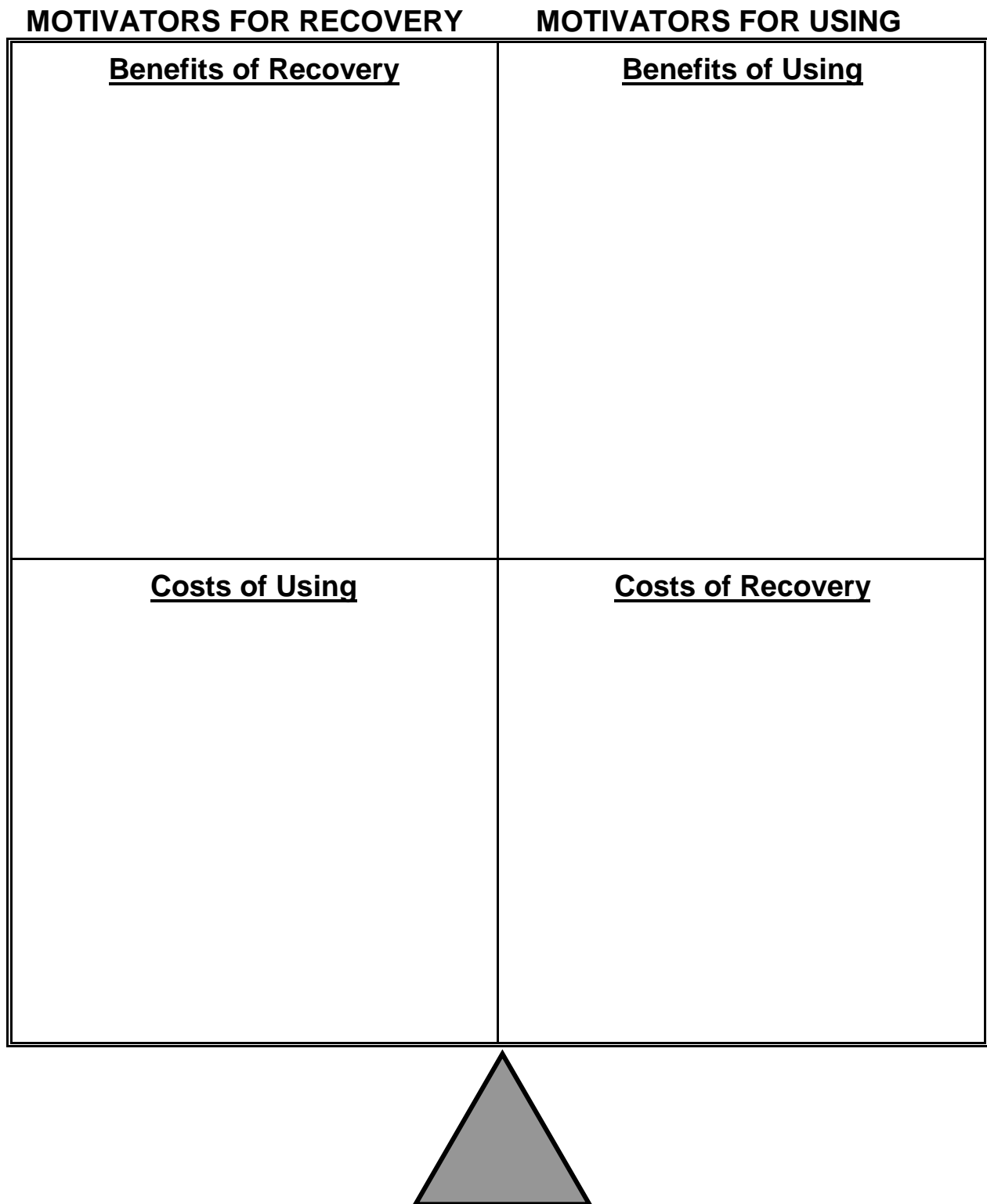
How did you make decisions when you were using? Most of the time you didn't even make decisions. You just got high.

How do sober people make a decision? They figure out the benefits and costs (pros and cons) of that decision. The side that weighs more will determine what decision is made.

So far, you learned how to identify your **MOTIVATORS FOR RECOVERY** and your **MOTIVATORS FOR USING**. The next step is to learn how to weigh them against each other. It is easy to see what motivates you when you put it in black and white. A chart can help. Behold your **DECISION SCALE**:



This is what motivation is and how it works. Now, it's time to figure out what motivates YOU! Some things will motivate you toward recovery. Other things will motivate you back to using. Write your **MOTIVATORS FOR RECOVERY** and **MOTIVATORS FOR USING** where they belong in the chart on the next page:



Now, some good news! Rather than just hoping that all your **MOTIVATORS FOR RECOVERY** will outweigh your **MOTIVATORS FOR USING**, we will teach you specific techniques that you can use to tip your scale toward recovery!

SESSION 3

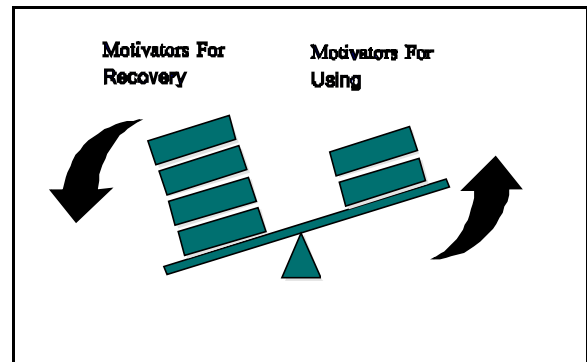
- 👉 TIPPING YOUR DECISION SCALE IN FAVOR OF RECOVERY
- 👉 INCREASING THE NUMBER OF MOTIVATORS FOR RECOVERY

"TIPPING THE SCALE" IN FAVOR OF RECOVERY

Rather than just hoping all your MOTIVATORS FOR RECOVERY will win out over your MOTIVATORS FOR USING, you will learn these specific techniques to tip your scale toward recovery:

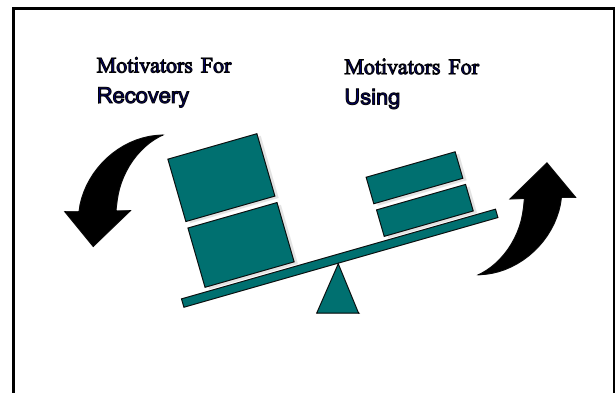
Increase the *NUMBER* of items on the *RECOVERY* side by:

Asking others to help you come up with more of them.



Increase the *WEIGHT* of items on the *RECOVERY* side by:

Taking steps to make them come true in your life (rather than just words on a page.)

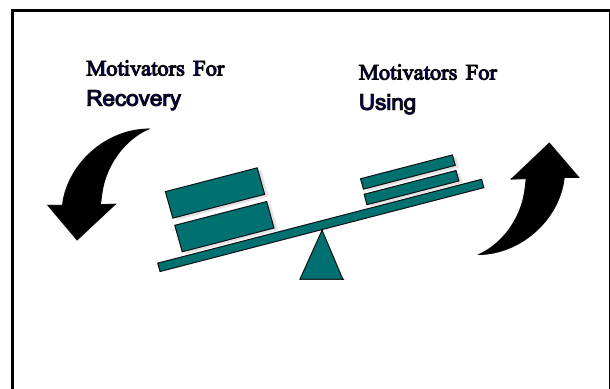


Decrease the *WEIGHT* of items on the *USING* side by:

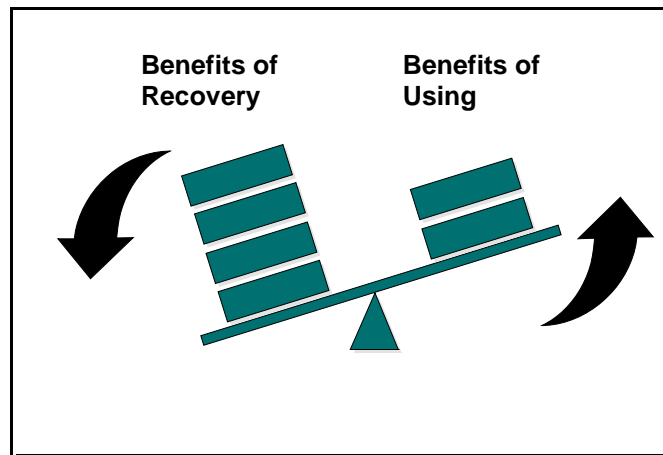
Challenging them with statements against them

And

Replacing them with healthy alternatives.



INCREASE THE *NUMBER* OF BENEFITS OF RECOVERY
... by asking others to help you come up with more of them



Here's how . . .

- A.** Ask your spouse, children and parents what **BENEFITS OF RECOVERY** they can see.

(You will become more motivated when you learn what your recovery will mean to them.)
- B.** Ask your program peers what **BENEFITS OF RECOVERY** they desire.

(When you hear them describe their BENEFITS OF RECOVERY you will realize you missed some important ones that also apply to you.)
- C.** Ask your treatment team to help you add to your list.

(They have seen many other BENEFITS OF RECOVERY in previous clients who are successfully recovering.)
- D.** Finally, ask your AA/NA sponsor to share with you his/her own **BENEFITS OF RECOVERY**.

(He or she will be able to describe for you some benefits of long-term sobriety that you can't even imagine right now.)

The more **MOTIVATORS FOR RECOVERY** you have, the greater your chance of getting and staying sober. The exercise on the next page will help you add more to your list.

Step 2: Now, by whatever means possible, add at least 6 (or even more) additional BENEFITS OF RECOVERY to your list. Ask your program peers what theirs are. Ask your treatment providers. Call your family and ask them. You will learn some new ones that apply to you.

FAMILY

PEERS

TREATMENT TEAM

AA / NA SPONSOR

SESSION 4

👉 INCREASING THE WEIGHT OF
BENEFITS OF RECOVERY

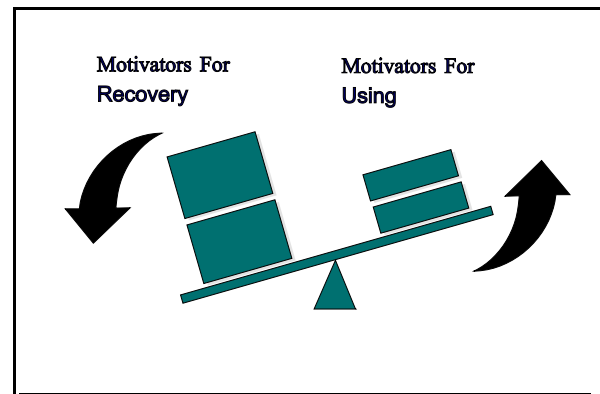
INCREASE THE *WEIGHT* OF ITEMS ON THE RECOVERY SIDE

. . . by taking steps to make them come true in your life

So far, many of the benefits of recovery you have listed are just words on a page. This technique helps “beef them up” into actual steps you can take to make them become realities in your life.

Here's how . . .

Step 1: Look at your list of BENEFITS OF RECOVERY and write down your most important one.



Step 2: Write down *specific* steps you can actually take, things you can actually do to start making that become true for you. Write down as many as you can.

Here is an example:

BENEFIT: Become a better husband.

Specifics: (*Things that a good husband actually does*)

1. Takes out the garbage without being asked.
2. Tells her that he loves her.
3. Gives her the liquor he had hidden in the tool shed.
4. Brings home ALL of his paycheck.
5. Goes to worship service with her.
6. Sometimes tells her to relax while he makes supper for the family.
7. Scrubs the bathtub and toilet without being asked.
8. Does the dishes.
9. Remembers her birthday.
10. Looks for kind things to say to her.
11. Is faithful to her.
12. (*Of course, there are MANY others, but you get the idea.*)

Step 3: Pick one of the "specifics" and DO IT! (If you want, start with the easiest one; or do them all.)

Step 4: After you've done it, congratulate yourself for starting to become (as in the example) -- a better husband -- for that is what you're doing. Notice how you feel about yourself for actually starting to live out your BENEFIT OF RECOVERY. (Imagine how your life will be when you started taking steps with all your BENEFITS of RECOVERY!)

You can actually start this while you are still in the program! Below, and on the next several pages are some worksheets for you to use. (If you want help, let a staff member know.)

WORKSHEET FOR "BEEFING UP" MY BENEFITS OF RECOVERY (SAMPLE)

STEP 1: BENEFIT Improve my health

STEP 2: SPECIFICS (steps I can take, things I can do to make this true in my life.)

- 1: Talk with the nurse practitioner about medications to help me quit smoking
- 2: Use some of my IT money and buy a pair of good walking shoes
- 3: Get rid of the cigarette after the morning break (the easiest one to give up)
- 4: Walk around the parking lot during my morning break
- 5: Start drinking a glass of water before meals so I don't load up my plate
- 6: Replace the pie or cake with a piece of fruit
- 7: Ask the nurse for a medication organizer so I'm better at taking my meds
- 8: Get rid of the next easiest cigarette in my routine
- 9: Ask my roommate if he will be my walking buddy after supper
- 10: Check out the AA meeting that is within walking distance of the program

STEP 3: Pick one of the "specifics" and DO IT! Then pick another one and do it too. (Start doing as many of them you like).

Step 4: Place an "X" in front of each one after you have completed it. Then, start being pleased with yourself and be thankful that this BENEFIT has started becoming a real part of your life.

WORKSHEET FOR "BEEFING UP" MY BENEFITS OF RECOVERY

STEP 1: BENEFIT _____

STEP 2: SPECIFICS (steps I can take, things I can do to make this true in my life.)

_____ 1: _____

_____ 2: _____

_____ 3: _____

_____ 4: _____

_____ 5: _____

_____ 6: _____

_____ 7: _____

_____ 8: _____

_____ 9: _____

_____ 10: _____

STEP 3: Pick one of the "specifics" and DO IT! Then pick another one and do it too. (Start doing as many of them you like).

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WORKSHEET FOR "BEEFING UP" MY BENEFITS OF RECOVERY

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_____ 1: _____

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Step 4: Place an "X" in front of each one after you have completed it. Then, start being pleased with yourself and be thankful that this BENEFIT has started becoming a real part of your life.

WORKSHEET FOR "BEEFING UP" MY BENEFITS OF RECOVERY

STEP 1: BENEFIT _____

STEP 2: SPECIFICS (steps I can take, things I can do to make this true in my life.)

_____ 1: _____

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STEP 3: Pick one of the "specifics" and DO IT! Then pick another one and do it too. (Start doing as many of them you like).

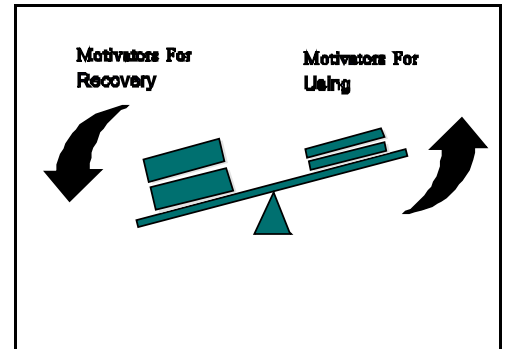
Step 4: Place an "X" in front of each one after you have completed it. Then, start being pleased with yourself and be thankful that this BENEFIT has started becoming a real part of your life.

SESSION 5

- ☞ DECREASING THE WEIGHT OF MOTIVATORS FOR USING BY
 - ✓ Developing Healthy Alternatives to your Benefits of Using
 - ✓ Finding the “Silver Lining” behind your Costs of Recovery

DECREASE THE *WEIGHT* OF ITEMS ON THE USING SIDE

You can't decrease the *number* of MOTIVATORS FOR USING. You can't get rid of them. The BENEFITS OF USING (*feeling good, relieving boredom*) will almost always be there. The COSTS OF RECOVERY (*hard work, takes time*) will almost always be there too. HOWEVER, you **CAN** make them less important in your life by finding healthy alternatives that can give you the same or similar (or even better) results, but without the costs.



First, here's how to reduce the weight of the BENEFITS OF USING . . .

STEP 1 -- Write down your strongest BENEFIT OF USING.

STEP 2 -- Write a list of problems or costs you pay for this BENEFIT OF USING.

STEP 3 -- Write down a HEALTHY ALTERNATIVE.

STEP 4 — For each cost you have listed on the left side, write the reason why the HEALTHY ALTERNATIVE is better.

Here is an example:

1 BENEFIT OF USING : <u>Getting that rush with Cocaine</u>	3 HEALTHY ALTERNATIVE: <u>Getting that rush by Skydiving</u>
2“Yeah, but . . .” <i>(List problems)</i>	4“Better, because . . .” <i>(List advantages)</i>
<u>Ruins my health</u>	<u>Actually can be healthy</u>
<u>Guilt and shame</u>	<u>Can feel proud of this sport</u>
<u>Dangerous</u>	<u>Less dangerous than drugs</u>
<u>Feel worse afterwards</u>	<u>Feel GREAT afterwards</u>
<u>Costs \$\$</u>	<u>Not as costly as cocaine</u>
<u>Bad example to my children</u>	<u>I can share it with my children</u>

Of course, in this example skydiving isn't the only healthy alternative to drugs for experiencing a rush. There are **MANY** others.

Now it's your turn.

1 BENEFIT OF USING : _____	3 HEALTHY ALTERNATIVE: _____
2“Yeah, but . . .” <i>(List problems)</i> _____ _____ _____ _____ _____ _____	4“Better, because . . .” <i>(List advantages)</i> _____ _____ _____ _____ _____ _____

Repeat **STEPS 1-4** as often as you want to come up with a whole bunch of healthy alternatives to get that benefit.

On the next page are extra forms to come up with more healthy alternatives. Let a staff person know if you want more copies.

Once you have a list of healthy alternatives, the FINAL step is to PICK ONE AND START DOING IT!

TIP: You can use the tools found in your PROBLEM SOLVING workbook to help you start turning these alternatives into actual practice. Don't be afraid to ask your Treatment team Coordinator to help you get started.

1 BENEFIT OF USING : _____	3 HEALTHY ALTERNATIVE: _____
2“Yeah, but . . .” <i>(List problems)</i> _____ _____ _____ _____ _____ _____	4“Better, because . . .” <i>(List advantages)</i> _____ _____ _____ _____ _____ _____

1 BENEFIT OF USING : _____	3 HEALTHY ALTERNATIVE: _____
2“Yeah, but . . .” <i>(List problems)</i> _____ _____ _____ _____ _____ _____	4“Better, because . . .” <i>(List advantages)</i> _____ _____ _____ _____ _____ _____

Now, how do you reduce the weight of the COSTS OF RECOVERY? Turn the page.

You may have heard the expression, "Every cloud has a silver lining." It means that most bad things have something good about them – if we look for and find them. Now, to reduce the weight of the COSTS OF RECOVERY, you can use the "Silver Lining" technique.

Here's how . . .

STEP 1 -- Write down your biggest COST OF RECOVERY.

STEP 2 -- Look at what you wrote down and ask yourself, "What is the 'Silver Lining' in this?" In other words, "What is the positive or good side of this?"

Some way to help in this step is to imagine what a successful treatment program graduate might say to you about this. Or even better, imagine that you are now a graduate and a new client in the program complains about this COST of RECOVERY. Imagine what "Silver Lining" you would point out to him or her.

STEP 3 -- Write down the good side (Silver Lining) of this COST?

Repeat **STEPS 1-3** for all the other "COSTS" you are facing.

Here are two examples to help you get the idea:

COST OF RECOVERY: Recovery is hard work.

"SILVER LINING": I actually want to be known as a hard worker, not a lazy bum. It's been a while since I worked hard, but it actually will be a challenge not a dread. Besides, sobriety and the benefits it brings to me and my family are definitely worth it.

COST OF RECOVERY: I have to face all my problems.

"SILVER LINING": That is exactly what I WANT to do! I'm sick and tired of running away from my problems. That just made them EVEN WORSE. By facing my problems, I will actually start to get rid of them AND have another reason to feel good about myself.

Now, it's your turn.

COST OF RECOVERY: _____

"SILVER LINING": _____

COST OF RECOVERY: _____

"SILVER LINING": _____

COST OF RECOVERY: _____

"SILVER LINING": _____

COST OF RECOVERY: _____

"SILVER LINING": _____

(If you want some more copies of this page, ask a staff person.)

CONGRATULATIONS

You completed the MOTIVATION course. Now, you know more what motivates you to use and what motivates you to recover. However, your work has only begun. You will work through these worksheets in your focus groups and individually with your Care Coordinator. You are also encouraged to work on this material on your own and with other peers while you are in this program. If you work hard on this each week, you will:

1. Discover even more benefits to sober living.
2. Make the benefits of recovery become real and meaningful parts of the new you.
3. Find even more healthy alternatives to replace those benefits of using. You will have a menu of healthy options (say, for relieving stress) that are better than drinking or getting high.
4. Make the pleasant discovery that the things you thought were "costs" of recovery are not as bad as they first seemed when you look at them, and that they actually have benefits that come with them.

The exciting and gratifying part happens when you start "living out" your motivators. You will become a better spouse, a better parent, a person who has a home and who fits in. You will begin to enjoy a clearer conscience. Your self-respect will be restored even further, you can look forward to becoming a grandparent, you will live with purpose, and so on.

If you have been working in this motivation group, you have already started building this new life. You have a little taste of how good life can be. The attractions of alcohol, drugs, and that old lifestyle will start to fade further away as you discovery superior, healthy ways to get the same or similar benefits. Some clients who have been in programs before have remarked that taking this class and implementing it was the "charm," the missing element in other treatment attempts. Whether this is your first time in treatment, your fourth or seventh, it can be your last time as you start to crave for and indulge in the good life of recovery and all its benefits.