

THE DESIRE TO CHANGE WORKSHEET

1

Are you ready to quit for good and finally transform your life? Take some time to self-reflect and determine if you are truly finished with that part of your life. The overwhelming **DESIRE** to make a permanent change is fundamental when beginning a successful journey of recovery.



2

If your addiction has caused you to feel any of the emotions listed below, then the danger signs are present in your life. Make a change **right away** before it progresses into something much worse.

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|------------------|-----------------|
| 1. OVER-STRESSED | 6. HOPELESSNESS |
| 2. FRUSTRATED | 7. FEAR |
| 3. TIRED | 8. DISGUST |
| 4. DEPRESSED | 9. ANGER |
| 5. SUICIDAL | 10. DEFEAT |

3

Now circle all areas of your life that your addiction has affected in a negative way. Some common issues to think about include (*this is not a complete list; you can add your own*):

1. PHYSICAL HEALTH
2. MENTAL HEALTH
3. FINANCES
4. EMBARRASSING SITUATIONS
5. HARM TO REPUTATION
6. LOSS OF CONTROL
7. FAMILY AND FRIENDS

4

Make a list of healthy goals you want to accomplish in recovery. Examples include:

- | | |
|-------------------------------|----------|
| 1. NEW JOB/PROMOTION | 1. _____ |
| 2. CUSTODY OF CHILDREN | 2. _____ |
| 3. TRAVELING | 3. _____ |
| 4. LEARN A NEW HOBBY/TRADE | 4. _____ |
| 5. GIVE BACK TO THOSE IN NEED | 5. _____ |

5

This is the most important step of the worksheet. Write a 1-3 sentence statement on **WHY** you are quitting and why you want long-term sobriety.

ex: I am done with pain pills for the rest of my life because I wake up depressed and in pain every day. I have no control over my life anymore. My family won't speak to me and the only friends I have now are other addicts. I want to be sober, so I can get back everything that I have lost and I want to get a better job.



6

MAKE COPIES OF THIS WORKSHEET AND PLACE IT IN AREAS WHERE YOU CAN READ IT OVER DAILY (CAR, BATHROOM, ETC.) FOR THE FIRST YEAR OF SOBRIETY. BY LOOKING THIS OVER AS MUCH AS POSSIBLE, IT WILL HELP REMIND YOU OF THE MISERY YOU ARE LEAVING BEHIND AND REINFORCE THE GOALS YOU HAVE PLANNED.