

Motivational Enhancement: Identifying Things to Work On

Now, look at this list again.

- 1) Check what would you like to change in your life.
- 2) Number those checked in order of importance.

Medical or Physical:

- Head Injury in past (#:)
- Overdose experiences
- Stomach problems
- Dental/teeth problems
- Seizures or convulsions
- Large weight gain or loss
- Diarrhoea or constipation
- Nose or sinus problems
- HIV issues
- Hepatitis issues
- Waking up at night with a start
- Difficulty breathing
- Difficulty breathing at night
- Heart problems
- Chronic pain
- Specific pain problem
- Chronic fatigue
- Memory problems
- Other (Specify):

Relationships:

- Fights with partner
- Fights with children
- Fights with other family or friends
- Feeling alone
- Difficult to talk to other people
- Difficulty solving problems
- Loss of friends
- Only knowing people who use
- Problems with children/parenting
- Loss of partner
- Children at risk/in care
- Problems in sex life
- Other (Specify):

Legal:

- Arrested – possession/dealing
- Arrested - theft or robbery
- Arrested - assault/other violence
- DTTO, probation or parole
- Divorce or separation
- Child visitation issues
- Other (Specify):

Emotions and Feelings:

- Depression
- General anxiety or stress
- Panic attacks
- Anxiety around other people
- Anxiety when outside
- Other specific fears/phobias
- Sudden swings in mood
- Problems controlling anger
- Problems dealing with the past
- Remembering/flashbacks to past
- Hallucinations
- Feeling suspicious or paranoid
- Memory problems
- Can't sit still – always moving
- Can't relax
- Can't concentrate
- Other (Specify):

Housing, Finances, and Skills:

- Finding a place to live/sleep
- Furnishing/equipping your home
- Finances and budgeting
- Home skills (cooking, shopping)
- Taking care of your home
- Taking care of yourself
- Other (Specify):

Daily Routines

- Problems getting to sleep
- Severe snoring
- Problems waking up
- Eating too much or too little
- Not eating a balanced diet
- Bored during the day
- Lack of fun things to do
- Loss of sports or hobbies
- Lack of physical exercise
- Problems finding or keeping work
- Problems with training or school
- Other (Specify):

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