

Motivational Enhancement: Identifying Problems

Below are some problems that can be made worse by drug and alcohol use.
Put a check beside any that you have had.

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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