

Preparation for Change

Session 2 – Commitment to change

Today's session is about commitment to change

- Welcome
- Introductions
- Group agreements
- Continuing to use as before
- Making changes to my use
- Satisfaction with different areas of my life
- Feedback and reminder about next session

Introductions and check in

Hello! ... anyone new? ... anything changed since last session?



Commitment to change

This week we're looking at the pro's and con's of carrying on with your life as it is or making changes and how committed you are to making changes



Continuing to use as before



Advantages

Short term



Longer term

Disadvantages

Short term



Longer term

Making a change to my use

Advantages

Short term



Longer term

Disadvantages

Short term



Longer term



How satisfied I am with different areas of 'my life'

Physical health

0	1	2	3	4	5	6	7	8	9	10
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Mental health

0	1	2	3	4	5	6	7	8	9	10
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Relationship with partner

0	1	2	3	4	5	6	7	8	9	10
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Relationship with family

0	1	2	3	4	5	6	7	8	9	10
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Relationship with children

0	1	2	3	4	5	6	7	8	9	10
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Relationships with friends

0	1	2	3	4	5	6	7	8	9	10
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Job

0	1	2	3	4	5	6	7	8	9	10
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Housing

0	1	2	3	4	5	6	7	8	9	10
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Legal

0	1	2	3	4	5	6	7	8	9	10
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Money

0	1	2	3	4	5	6	7	8	9	10
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Please rate each area:

0 = not at all satisfied

10 = extremely satisfied



Feedback

- How has today been?
- One thing you can do to get me nearer to where you want to be
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources,' including mutual support
- Thank you for coming and next session 'the cycle of change'