

Shifting Motivations in Early Recovery

It's difficult to maintain motivation; motivation is not an inherent trait, but a state of being. It's not permanent or long-lasting. The thing that initially drives you to get clean (i.e. a spouse, fear of legal consequences, health concerns, etc.) may not be a motivating factor down the road. (There could be a divorce, the reinstatement of a driver's license, etc.)

In order to sustain a state of motivation, it's helpful to have multiple motivations. When one fizzles out, another can move in as the driving factor. There are many, many reasons to quit drugs and alcohol; however, it's easy to become discouraged. To enhance your determination, create a list of personal motivations for sobriety. Review the list often and add to it whenever you're newly inspired.

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