

SUBSTANCE USE MOTIVATION RULER

Are you motivated to end your substance use? Rank your motivation on the ruler from 1 to 10. A “1” means that you have absolutely no motivation to end your use. A “10” means that you are completely ready to be sober, and have no doubt about the decision.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Why is your motivation where it is? Why not lower? Even if you marked only a “2” or a “3,” there must be a reason you didn’t write “1”. List some of your motivators.

1 _____

2 _____

3 _____

4 _____

5 _____