



## Motivated

*Motivated – adj. - having an incentive or a strong desire to do well or succeed in some pursuit*

Perhaps you are in a substance use treatment program and you feel that you are motivated and you truly want to make changes and achieve goals with regard to any substance use or coexisting issues that you may be working on. You may find yourself in a program where your primary reason for being there is for your own personal good yet others in the program may seem that they are only attending because they are mandated. If you believe that you have a good degree of self-motivation for positive change, it may feel frustrating at times when others in the group appear to be less motivated. If you find yourself in this situation where you are one of the more motivated people in the group and there are others who are less serious, does that mean that all is lost and there is no way to benefit? No, you still can benefit from a group program even if others in the group have questionable internal desire for change. This activity is focused on making the most of your own motivation no matter what the situation may be.



\*One thing to note before moving forward is that it is important not to be judgmental of others during the following discussion and group exercises. This is not about pointing a finger at anyone else and labeling them as “unmotivated” or “wasting time” as that does not help anyone. Each person should focus on themselves including trying to be self-aware about your own desires, goals, and motives rather than assessing those things in other people. Motivation is great but keep in mind it can be dangerous to be overconfident and simply conclude that you have things all figured out just because you are motivated. To the contrary, sometimes people who struggle at first with motivation eventually end up doing well in the long term. Again, the point is to focus on yourself and not to judge others in the group in order to get the most out of this. **Everyone can benefit from looking at their own motivation**

“There will be obstacles. There will be doubters.  
There will be mistakes.  
But with hard work, there are no limits.”

- Michael Phelps



***Some Things to be Aware of When it Comes to Motivation***  
***(Discuss as a group: Can you identify with any of these ideas or examples?)***

❖ **Motivation is not a constant (it can vary with time and situation) -**

- Charlie – “I feel so motivated when I am on probation but once probation ends and I feel more freedom, that little voice inside my head that tells me to go back to my old lifestyle starts getting louder”
- Kira – “When I am sitting in treatment during the day, I feel so motivated and determined to do what is right, but sometimes later at home when things around me are less positive, my motivation dies down”

❖ **Motivation can be deceiving especially when it is based on emotion**

- Karl – “When that amazing guest speaker came in and told his inspirational story I felt a powerful surge of motivation - but I have to admit, over time it wore off”
- Trish – “When my fiancée broke off our engagement because of my drinking, I felt super motivated to finally stop drinking and change my life. But eventually after my emotions changed from inspiration to depression and guilt, my motivation took a nosedive”

❖ **Epiphanies, “spiritual awakenings” and magic moments do happen sometimes, but many people cannot afford to sit around and wait for that to happen.**

- Jemila – “I kept hearing about other people’s amazing stories where they hit bottom, they had enough and then it all came together for them. However, that never seems to happen to me, instead I just keep waiting and waiting for it...”
- Scott – “I keep on thinking that one day it will all come together for me and I will finally get it, but in the meantime, I keep racking up new charges, problems and consequences while I’m waiting”

❖ **Stories of quick inspirational turnarounds may make the headlines, but more often “slow and steady wins the race”**

- Ruby – “The reason that I am still standing here is because I didn’t give up. I had my share of ups and downs, successes and relapses but no matter what I just kept pushing forward”
- Frank – “I now know that I am never going to be that guy who blows everyone away with a sudden and drastic life change. Rather, I know that I can do this if I stay consistent and persistent – little by little”

❖ **If a person is not careful, feeling motivated can lead to overconfidence which can lead loss of focus which can lead to setbacks or relapse**

- RJ – “I was so motivated that I was taking the world by storm with my amazing progress. The only problem was that I was doing so well that I got cocky and I thought I could start going back to clubs without getting high or drunk. That didn’t last too long unfortunately...”
- Tara - “I was doing so well for so long that got overconfident and I started focusing more and more on telling other people in my program what I thought they should do. Meanwhile, I lost focus on myself and started sliding backward with my own progress as a result”

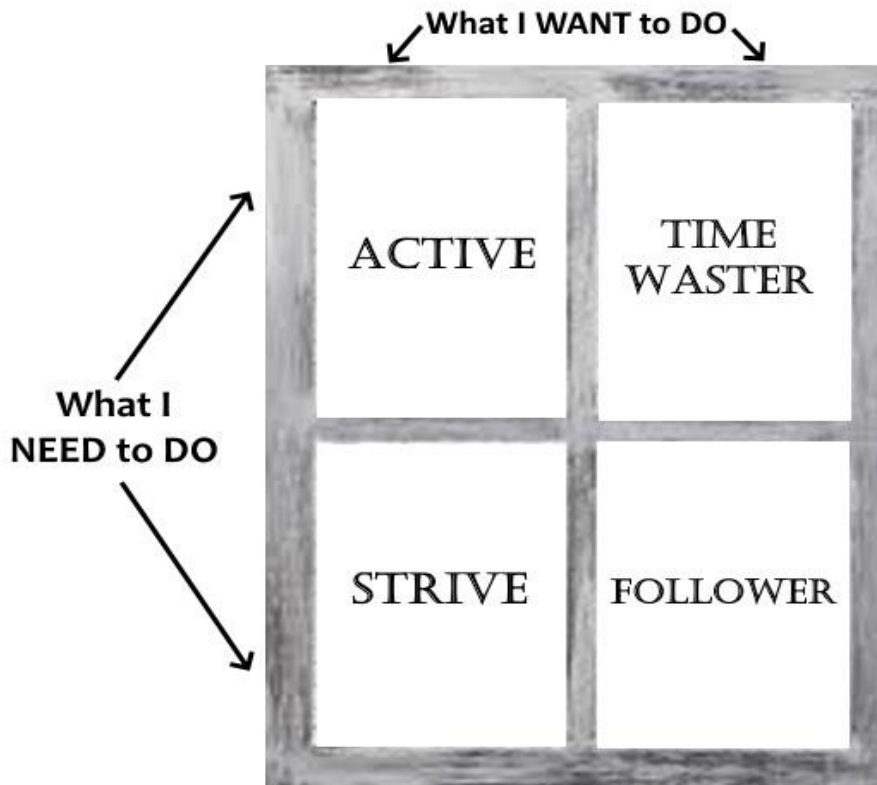
❖ **FINALLY – Everyone has the ability to increase their motivation. Motivation is a lifelong process**

- **DISCUSS – What else have you learned that you can do to increase your motivation?**



## Chaster's Window (aka the Window of Motivation)

Chaster's Window has 4 sections – See the following diagram of Chaster's Window:



**ACTIVE Window** – These are the things that you both need to do and want to do, so most likely you are active in doing them or at least actively working toward doing them. A good example would be working – A person might need to work and also want to work so most likely that person is actively working or at least actively looking for a job because they are motivated. ***If addiction is in this window, you are motivated to stop using and actively working on making positive changes to prevent setbacks or relapse***

**TIME WASTER Window** – Everyone has things in their life that they want to do but don't need to do. Bad habits, temptations and areas where we "overdo it" may be in this window. These are things we often have to limit (for example video games or spending time on social media) or completely eliminate in life to increase our motivation for progress in other more important areas. ***If addiction is in this window, you are wasting valuable time getting high instead of putting your energy into more important life areas***

**FOLLOWER Window** – This mysterious window consists of things we don't feel like we need to do, and we also do even feel like we want to do them either – BUT WE STILL DO THEM! – We may be following a negative influence for these things – Addictions and bad habits can also fit in this window too. For example – "I have no need or desire to gossip but I still find myself getting sucked into it when I am with my friends who love to talk about people" ***If addiction is in this window then negative associations are influencing you to keep using even if you actually know you need to stop and want to stop***

**STRIVE Window** – This is where the most motivation building is often needed. These are the things that you know that you need to do, but you just don't seem to want to do it consistently enough, so you need to strive to improve your motivation in these areas. ***If addiction is in this window, you are still using but you need to change, you want to change, and you are striving to start putting positive changes into action***



### Exercise – Develop Your Own Window of Motivation:

Directions – FIRST - Put the letters “**SU**” in the box where you believe your substance use is at this time. For example, are you **actively** working on recovery or are you still using but **striving** to change, or are you still just **wasting time** getting high or are you **following** others down a bad path?

NEXT – Think about other activities in your life and put them into the motivational box in your diagram below based on your motivation level. Some examples could include: Work, school, different forms of recreation/entertainment, exercise/health, social support activities, hobbies, habits, relationships, etc.

		What I WANT to DO	
		ACTIVE	TIME WASTER
What I NEED To Do			
		STRIVE	FOLLOWER



**Discuss your Windows of Motivation as a group with one another. Make sure to include:**

Which motivational box did you place your substance use (SU) in and why?

- ACTIVE – What kinds of positive things are you actively doing?
- TIME WASTER – What types of things are you doing that are wasting your time?
- STRIVE – What areas of life are you still working on, but striving to get better?
- FOLLOWER – Are there negative behaviors or habits that others are influencing you to keep going?

**What are you going to do to try to change some of these things for the better?  
Try to come up with at least 1 or 2 ideas to improve your life based on this exercise**

