



## WHY AM I HERE?

People come into groups like this one for a variety of reasons. Often, people are in these programs against their will. Regardless of whether you really want to be here or not, try to consider how you can make the best of this program and get something out of it. After all, no one here has a perfect life all of the time. There is room for improvement in all of us.

Complete the following checklist regarding things that you want to get out of group:

<b>I would like to get out of group.....</b>	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
1. Encouragement and moral support in my recovery			
2. Useful information regarding recovery			
3. To talk about myself and my problems			
4. A safe place to express my true feelings			
5. To learn from others in the group and their experiences			
6. To regain trust (i.e. from parent, probation, school, etc.)			
7. To learn how to stop making the same mistakes I have made			
8. To assist others and support others			
9. Something positive to do with my time			
10. Help in making difficult decisions			
11. To complain about my life			
12. To better understand myself and why I do what I do			
13. To let go of guilt			
14. To find out about drug-free activities or supports			
15. To find a love or sex partner			
16. Guidance in learning new drug-free life skills			
17. To meet new friends			
18. To change some bad habits			
19. To help clarify my goals for the future			
20. To be a leader in the group			
21. To get attention			
22. To try to have some fun while I am here			
23. To prove to someone else that I can do this (i.e. stay clean)			
24. To prove to myself that I can do this.			

Other reasons \_\_\_\_\_