



Dissecting the Heart – Part I – Problem Identification and Testing One’s Internal Motivation:

Even if you have done this before; List below, in your own words *today* exactly what you think that you want/need to change:

Focus on yourself for a few minutes. Consider your reasons for wanting to change what you wrote above. This part can be tricky as you need to honestly consider your reasons here because we want to determine what is coming from inside of you (internal motivation) List a few personal reasons for change here:

___A.

___B.

___C.

___D.

___E.

Discuss - Now take a few minutes to honestly dig a bit deeper. Honesty is the key here, particularly being honest with yourself about your own desires. Go through each item listed above and answer the following question:

What if this issue was somehow removed without having to change your behavior?

- For example, let’s say you said above that you wanted to stop using drugs because it costs too much money. In that scenario, what if you had so much money that the cost of doing drugs was not an issue?
- Another example would be if you put that you want to stop using drugs because you don’t want to get into any more legal trouble. What if the laws changed tomorrow and you could use legally?

For Thought and Discussion - Has this changed how you feel about any of your reasons for wanting to change?



Dissecting the Heart, Part II – Assessing the Strength of Internal Motivators

Continue to use your final list from Part I of the Dissecting the Heart activity. Now go back and add a strength score to each internal motivator based on the following scale (From 1 to 5) –

- 1 – I find this issue irritating and unpleasant but bearable for now and I often don't think about it**
- 2 – This issue makes feel uncomfortable on pretty regular basis but not always**
- 3 – This issue is on my mind regularly and it is causing me consistent stress**
- 4 – This issue causes me great stress on a regular basis which is difficult if not impossible to ignore**
- 5 – I believe that I need immediate relief from this extremely stressful issue some time in the near future (if not immediately)**

When you are done scoring, which two areas had the highest score in your case? Use these two areas for the rest of this exercise.



Dissecting the Heart, Part III – Developing confidence, hope and inspiration to increase lasting motivation for change:

From Part II – What were the two strongest reasons identified for wanting change? (The two highest scored answers) Rewrite them below:

1.

2.

When you think about these two primary reasons for change, how hopeful do you feel that you will be able to make changes to improve your situation in these areas in the foreseeable future?

Not hopeful at all

Mildly hopeful

Somewhat hopeful

Very Hopeful

Assess what may be holding you back- What reasons are there that may be preventing you from experiencing hope and confidence that you can be successful? Select answers from list below if they apply or add any specific reasons you recognized on your own: Be honest, open and realistic with yourself.

I have failed too many times in the past

I just don't feel strong enough

I am afraid of change or I am afraid to let go

I am not sure that I will enjoy change

I have no idea what I am going to do instead if I change my old behaviors

I don't know how I will deal with stress or other emotions

My urges and cravings to go back to my old lifestyle will be too strong

My environment always pulls me back down when I try to change

>Other –

>Other –

>Other –

>Other –



Now focus on reasons why this time may be different. Use your imagination and think of as many reasons why this time may be the time when lasting change and success may occur in your situation.

This list is the basis for examining true reasons for increasing your hope and confidence that you will have success (Check all that apply and add your own)

- I have never felt this confident before, so I am more hopeful this time than in the past
- I have some really good people backing me and helping me this time
- I have more serious reasons why I need to succeed than in the past
- I have never wanted it as bad as I do now
- Use of this method is giving me renewed confidence and hope because this makes sense to me
- I am in a better environment than I was in the past
- The timing is just right, I am in a good time in my life to finally make this happen
- I just feel like I have had enough and I am ready to do this once and for all
- I know I have said I am going to do this, but for some unexplained reason it just feels different this time
- I am not afraid of change at this point in my life
- I really feel like I can't go back and hurt or disappoint others any longer
- I am more mature and experienced now and more ready to take the extra steps needed for success
- I have more skills and tools needed for success this time

Other –

Other –

Other –

Other –

Who can help me? – List some positive people that would be willing to help you stay motivated for success -

1.

2.

3.



Process/Final Discussion:

Hope - a feeling of desire for something and confidence in the possibility of its fulfillment:

- 1. After completing this exercise, summarize in your own words what you feel hopeful about today and why?**

- 2. In your own personal life, who or what has helped you to build confidence in yourself and your ability to succeed?**

- 3. Who or what do you find to be inspirational in your life?**

- 4. (If in a group setting) – Look around the room and share with at least one other person one or more of the following:**
 - Who in this room has helped you feel more hopeful? Tell them and explain why: (Was it something the person said, or did?)**

 - Is there something that anyone in this room has said or done that has helped you feel more confident?**

 - Share something that may have stuck out in your mind about someone else in this room that you feel has been inspirational?**