



## Positive Motivation

Talking about substance use issues and addiction often leads into a discussion of consequences and losses. If you have been in any program for any length of time surely you have learned about all of the negative things associated with substance abuse and addiction. The purpose of this group is to take a break from the negative and focus only on **positive** things. Keep that in mind for the remainder of this exercise – **Be Positive**

**Opening Discussion:** Discuss what the following positive words and ideas mean to you personally and include how each one can help motivate you personally to change your life for the better:

- + Hope
- + Love
- + Gratitude
- + Faith
- + Peace
- + Goals and Achievements
- + Healthy Living
- + Second Chances
- + Freedom
- + Self-Improvement and Growth
- + Accomplishment and Self Respect
- + Happiness and Joy
- + Appreciating the Little Things
- + Other?...**(Come up with your own ideas for positive motivation)**

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### Recognizing Positive Aspects of this Group

Go around the room and everyone say one positive thing about this group as a whole that is helping you.

### Finally: Fishing for a Complement

*Directions:* Everyone get two small pieces of paper. Write your own name on each piece of paper. The group leader should collect the names, shuffle them, and then redistribute them two to each person. (At this point each person should have two pieces of paper with names on them that could be anyone's)

Go around the room twice and each time when it is someone's turn that person should say something positive about one of the people whose names are on the paper they are holding. (If you were handed your own name then say something positive about yourself)