



Self-Assessment: Giving Yourself Credit Where Credit is Due

Introduction: *News flash: **Dealing with substance use issues and addiction is not easy!*** - Everyone working on these types of issues faces challenges. Otherwise, if this were easy, then there would not be so many people in the world affected by substance use issues. So, if you are feeling like you are struggling at times, you are not alone, this is normal and to is to be expected. This process takes persistence, time, effort, and hard work, but if you keep at it and do not allow discouragement to take you down **then you will succeed!**

This brief self-assessment is designed for the purpose of looking at how far you have come. Even if you are new at this, just by showing up and trying you have already come a long way.

Activity - Discuss the following as a group by identifying and describing the last time you were at a “low point” and comparing that with where you are today

Discuss – **What were was your life like the last time you were really at a low point with substance use issues** (include also mental health if that has been an issue for you too) **Keep in mind that this group is for a self-assessment of progress and it is not a contest to see who had it the hardest. Keep that in mind when sharing and discussing these experiences*

- **When (or how long ago) were you at a low point with your substance use (and if applicable, mental health too)?**
- **What was your life like at that time? – On the following page: Complete the grid by comparing how your life was at your last low point then looking at the progress you have made. You do not need to fill in all the boxes, just the ones that stand out to you. Also, give yourself credit for the progress that you have made! – Complete and discuss the grid on the next page, then return to this page**

When everyone is done completing and discussing the progress grid on the following page, close the group with the following questions:

1. **What are some areas that stood out to you the most? (What aspects of your progress are you feeling good about?)**
2. **How does it feel now discussing all that you have been through and recognizing the progress that you and other group members have made?**
3. **Finally, to end on a really positive note, what types of hopes and future goals are you now inspired to strive for and one day achieve?**
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“Human progress is neither automatic nor inevitable. Every step toward the goals requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals.”

Martin Luther King



LIFE AREAS	My life at my last low point:	My life now – Progress I Have Made
Physical	Example – “I was sick every day and not taking care of myself at all”	“No more withdrawal, starting to eat right and exercise”
Mental/Emotional		
Family		
Social Relationships		
Financial		
Legal		
Spiritual (Meaning/Purpose)		
Career (Employment/Educational)		
Romantic Relationships		
Attitude		
Values and Priorities		
Goals		
Other?		