

Choosing My Next Recovery Goal

Addiction and recovery | Adults | 10 to 15 minutes

Turn your own reasons for change into a small, specific recovery action.

You may feel ready, uncertain, frustrated, or several things at once. Start with what you want life to be more like. Your next step can involve treatment, abstinence, reducing harm, learning about options, or asking for support.

Name your direction

Choose one meaningful change for the next seven days. Make it observable: attending an appointment, avoiding a particular setting, or discussing treatment options. Include when and where it will happen. A medically safe plan may require professional support before changing substance use.

Check the fit

Use 0 to 10 as a personal conversation scale: 0 means not important or not confident, and 10 means very important or very confident. These ratings are not clinical scores. Ask what makes the number above zero and what could raise confidence by one point.

My reason for change in my own words is

My seven day action and the day or time I will try it are

Importance 0 to 10 and confidence 0 to 10 are; what supports these ratings?

To make this step more realistic, I need