

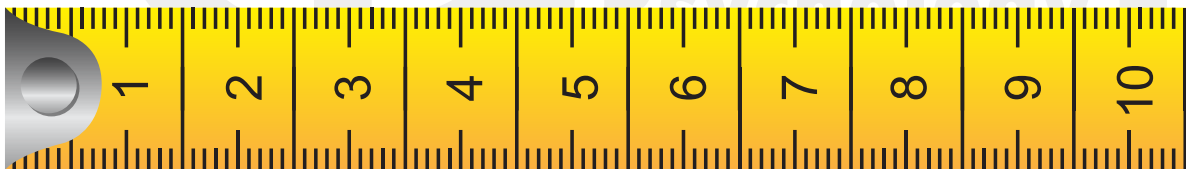
## SUBSTANCE-USE MOTIVATION RULER

### Overview

The Substance Use Motivation Ruler is a self-assessment tool using a 0 to 10 scale, helping individuals gauge their motivations for substance use. Through reflection, goal setting, and visual representation, it offers a simple yet powerful means to understand and navigate personal motivations, fostering self-awareness and informed decision-making.

### Instructions

Imagine a ruler from 0 to 10, where 0 represents no motivation and 10 signifies the highest level of motivation. On this Substance Use Motivation Ruler, you will place a mark to indicate where you currently stand regarding your motivation related to substance use. Reflect on your thoughts, feelings, and intentions as you engage in this self-assessment.



### Where do you land on the scale?

Take a moment to reflect on your motivations for substance use and then indicate your position on the scale from 0 to 10. Consider the factors influencing your choices and be honest about where you currently stand in terms of motivation.

Specify your position below:

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## Reflect on Your Position

What factors contribute to your current level of motivation, and why isn't it lower? Even if you marked a 2 or 3, there must be reasons you didn't choose a 1. List some of the motivators influencing your position on the Substance Use Motivation Ruler.

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## You think your motivation is too low?

If you feel that your motivation is too low, consider what demotivates you. Explore factors or challenges that might be contributing to a lower motivation level. Reflect on elements that hinder your drive and note them down for a more comprehensive understanding of your current mindset. List down 5 things that you think demotivate you from quitting substance use.

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