



## Re Balance Your Lifestyle

You can use this tool at anytime to take a good honest look at areas of your life and see if everything is working for you.

Are there any surprises to you in reading the lists? Is one side of the list longer?

If the 'not so good things' outweigh the 'good things', it might be time to think about making some changes?

If you think it may be time to make some changes, ask yourself the questions below, if not, this tool can be used at any time to monitor any areas of your life and is quick and simple to use.

Have you tried to change your situation before?

What were the positives that came about due to that change?

How motivated are you to change?

### **Motivation = Importance + Confidence**

#### **Importance - How much do you want to change?**

#### **Confidence - How confident are you about changing?**

**Motivation** is a desire to achieve a goal, combined with the confidence and energy to work towards that goal. Motivation is an internal process that makes a person move towards their individual goals. After taking an open honest look at your drinking are you feeling there are areas you would like to change?

Ask yourself what does the change look like to you? Do you want to cut down? Do you want to make some choices around your alcohol use? Do you want to drink less? Or stop drinking all together?

Make a plan, brain storm ideas. Ask for help and support from friends and family.

You can contact a Counsellor or other professional to guide you through this process or to explore ways of reducing the harms associated with your drinking.

You may have questions, want some education or want to stop.

Manly Drug Education and Counselling Centre (MDECC) is a non profit, non government community based organisation.

**Contact MDECC on (02) 9977 0711**