



## **Re Balance Your Lifestyle**

Are there any surprises in reading the lists? Is one side longer than the other?

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 a good idea is to 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 do.

Have you tried to change your situation before?

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

How motivated to change are you?

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

#### **Importance - How much do 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 drug taking, are you are feeling motivated to change your drug use?

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 drug use? Do you want to use less? or stop using all together?

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

You can contact a Counsellor to guide you through this process or if you want to explore ways of reducing the harms associated with your drug use, 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**