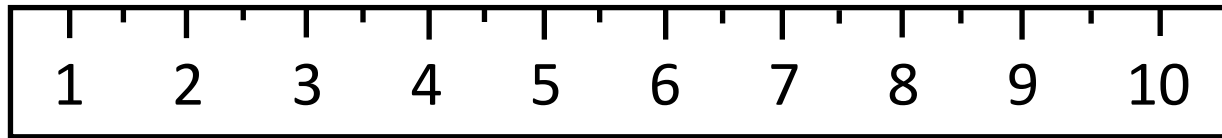


# Substance Use Motivation Ruler

Are you motivated to end your substance use? Rank your motivation on the ruler from 1 to 10. A "1" means that you have absolutely no motivation to end your use. A "10" means that you are completely ready to be sober, and have no doubt about the decision.



Why is your motivation where it is? Why not lower? Even if you marked only a "2" or a "3," there must be a reason you didn't write "1". List some of your motivators.

1

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2

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3

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4

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5

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