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Motivation IN Recovery: Motivation and Goals

Key Takeaways



"To live life a meaning, one must have a purpose larger than self."

Will Durant

MEANING

Meaning provides:

- Sense of purpose
- Beliefs
- Sense of belonging
- Connection to something greater

Having meaning is powerful... However, constantly searching for meaning can be detrimental

"Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible."

Viktor Frankl

Broadening

Acquisition of resources (psychological, physical, social)



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Broadening-> Building-> Activating

An example: What were your favorite childhood games? (Games used to prepare you for adulthood i.e. building resources, etc.)

Think about your closest friend- what were the emotions when you first knew you'd be friends?

How can you help your clients broaden their concept of motivation in recovery?

Modeling

- Also called OBSERVATIONAL learning
- A way of teaching by seeing

“IF THEY CAN DO IT, LET THEM DO IT... IF THEY CAN'T, SHOW THEM HOW... THEN LET THEM DO IT!”

How to Use Behavior Modeling to Teach Specific Skills

You can use behavior modeling to teach them specific skills. Whether you want them to learn how to iron a dress shirt or you want them to learn how to sort the recycling, these steps can help them remember what to do:

1. Have them watch you perform the task first.
2. Allow your them time to process and remember the behavior you performed.
3. Give your them a chance to practice performing the behavior on their own.
4. Use positive reinforcement, such as praise, to encourage them to keep up the good work.

Integration: Putting It ALL Together

Integrating Meaning Making, Broadening, and Modeling to Increase Client Motivation in Recovery

1. Meaning Making

Practical Way: Narrative Therapy and Journaling

Description: Encourage clients to engage in narrative therapy, where they can explore and reconstruct their personal stories to find meaning and purpose. Complement this with regular journaling exercises that focus on reflecting on experiences, identifying values, and setting meaningful goals.

Steps:

- **Narrative Therapy Sessions:** Conduct regular sessions where clients discuss their life stories, focusing on times when they felt strong, resilient, and purposeful.



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- **Guided Journaling:** Provide clients with prompts that encourage them to reflect on significant events, what they learned from those experiences, and how these insights can guide their recovery journey.
- **Feedback and Reflection:** Review journal entries together, highlighting themes of resilience and purpose, and discuss how these can motivate ongoing recovery efforts.

Example Prompts:

- "Describe a time when you overcame a significant challenge. What did you learn about yourself?"
- "What values are most important to you, and how can you live them out in your daily life?"
- "How do you want to be remembered? What steps can you take towards that legacy?"

2. Broadening

Practical Way: Resource Mapping and Action Planning

Description: Help clients identify and acquire diverse resources that can support their mental health and well-being. This can involve creating a personalized resource map and action plan that encompasses psychological, physical, and social resources.

Steps:

- **Resource Identification:** Work with clients to list potential resources in various categories (e.g., therapy, exercise, social support).
- **Resource Mapping:** Create a visual map that shows how different resources are connected and how they can be accessed.
- **Action Planning:** Develop a step-by-step action plan for integrating these resources into the client's routine, including setting specific, achievable goals.

Example Activities:

- **Resource Brainstorming:** In a session, brainstorm resources together, then categorize them into psychological, physical, and social.
- **Resource Map Creation:** Use a whiteboard or digital tool to create a visual map of the identified resources and their connections.
- **Weekly Check-ins:** Regularly review the action plan and progress towards goals, adjusting as needed.

3. Modeling

Practical Way: Peer Support and Role-Modeling



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Description: Utilize peer support and role-modeling to demonstrate successful recovery behaviors and provide clients with relatable examples of recovery in action. This can help clients visualize their own path to recovery and feel more motivated.

Steps:

- **Peer Support Groups:** Facilitate peer support groups where clients can share their experiences and learn from others who are further along in their recovery.
- **Role-Model Stories:** Share stories of individuals (with permission) who have successfully navigated similar challenges and highlight the behaviors and strategies that contributed to their success.
- **Behavioral Health Professional Modeling:** As a behavioral health professional, model positive behaviors and attitudes in your interactions with clients, demonstrating empathy, resilience, and healthy coping mechanisms.

Example Activities:

- **Guest Speakers:** Invite individuals who have successfully managed their mental health to speak to your clients about their journey.
- **Peer Mentorship Programs:** Pair clients with peers who can provide support, guidance, and a living example of recovery.
- **Therapist Self-Disclosure:** When appropriate, share your own experiences or challenges to show vulnerability and resilience, fostering a sense of connection and hope.

Homework

Think about your goal then answer the following:

1. *Who can I look to as a model?*
2. *How can I broaden my skills?*
3. *Then share with your accountability partner via email after session.*
4. *Check-in at least once before next session.*