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| --- | --- | --- | --- | --- |
| **Tool** | **Building and maintaining motivation to change** | **Coping with ‘I want it now’ feelings** | **Managing your thoughts, feelings, and behaviours** | **Creating your life your way** |
| Is it worth it? | **X** |  |  |  |
| My Most Important Things (MITs) | **X** |  |  | **X** |
| Change Plan Worksheet | **X** |  |  | **X** |
| The 3 big questions | **X** |  | **X** | **X** |
| Brainstorming project | **X** | **X** | **X** | **X** |
| Handling situations- roleplays |  | **X** | **X** |  |
| DEADS |  | **X** |  |  |
| HALT the BADS |  | **X** |  |  |
| STOP Thought |  | **X** | **X** |  |
| ABCs | **X** | **X** | **X** |  |
| 3-Column Technique |  | **X** | **X** | **X** |
| 5 Things to Consider |  | **X** | **X** | **X** |
| Managing my anger | **X** |  |  | **X** |
| Relaxation Techniques | **X** |  |  | **X** |

***My Most Important Things***

**MITs**

1. Ask the participants these questions and write down their answers:

a) What are the 5 most important things in your life?

b) What are the most important things you have to protect?

c) What are the things you study and live for?

*Rank in order of importance; put the most important at the top.*

2. Now ask them to think about where their drug of choice, behaviour/activity they’d like to change ranks on the list.

3. PAUSE for the participants to think about this. And then SAY:

*When you are thinking about your drug of choice, behaviour, or activity, do you think it’s true that you are actually putting that at the very top of your list, above all other things?*

4. Place participants into pairs and get them to compare their lists and discuss their rankings. Nominate a few to feedback any major differences/similarities they’ve found.

5. Show an example as the no.1 heading e.g., smoking weed. Say, “*People don’t usually think of this as their number one priority but the more we get involved in these activities/behaviours, we can screw everything else up on the list, so we are treating those things as less important*.”

6. Demonstrate drawing an arrow down and around from that no.1 priority to the other items on the list. Explain the following: “*When we are thinking about this, we’re not thinking about the long-term consequences it can have. We don’t think about the trouble it can cause and affect everything that is important to us, but perhaps we should?”*

7. Draw a line through the drug/behaviour/addiction and replace it with “Creating your life, your way”. PAUSE and allow the participants time to reflect on this. Then say, “*By keeping this as our no.1 importance, we can automatically look after all of these.”*

*This list of important things is a list we can make when we are thinking clearly and we can put, “Creating your life, your way” at the top. When we get tempted or down, we may not be thinking clearly. However, we can quickly pull this list out of our bag, purse, wallet, or pocket and remind ourselves of what was most important to us when we were thinking more clearly.*

*This can help you to refuse giving in to temptation and wait until the situation has changed for the better.*