




FREE
WORKBOOK

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3 Foundations for Change

For Substance Use

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*If you change
nothing,
nothing will
change.*

01 The Cycle Can be Broken

While there are many models of addiction out there to help try to explain the WHY's of substance use and/or addiction (with pros and cons to each one) they all help to try to answer the question: How does one CHANGE substance use or addiction?

Change is not an easy thing no matter what the change is but is especially true when repeated patterns have been around for a long time or the thing that you want to change does in some ways provide a benefit.

Most don't want to talk about it but using a substance does have pros to it, it benefits a person in some way or else they wouldn't continue the pattern, right?? One of the steps towards change is understanding what the benefit of the thing you are wanting to change is, so you can gain AWARENESS. This is not "Hi, I'm Victoria, I have a pill problem" awareness. This is awareness in other ways, like the why, how, what, when, and where. Even in our "I don't have a problem days" we can still come up with awareness into our usage without needing to admit it's a problem.

Reflection

What awareness can you bring about your substance use? Reflect on that here:
What, Why, How, When, Where

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MOTIVATION



LOADING...

02 *Motivation Is Required*

For change, motivation is required. If someone is not motivated to make change, all the awareness in the world will not lead to change.

So, what is motivation?

Motivation has 2 parts:

1. Avoid Cons
2. Gain Pros

But also requires things like:

1. Belief you CAN
2. Belief you know HOW
3. HOPE that it will make a DIFFERENCE

With these you can see it is important to be willing to explore these aspects of your motivation and a step further, be willing to increase and improve your motivation.

Reflection

What is motivating you (pros and cons)?

Do you have the belief that you CAN, know HOW, and are HOPEful?

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03 *Now Take Action*

Change also doesn't happen without ACTION.

Action is the doing of the thing. You can think about what you need to change, why you need to change it, and be excited about the change but without action, it's all just ideas.

Action does have some requirements too.

1. Be WILLING
2. Have a PLAN
3. Do it without THINKING

To take action means you are willing to take the action, you have a plan of what action you will take instead, and you do it without paralyzing yourself through thinking it through and overanalyzing it.

I know that sounds odd to stop thinking about it but hear me out. When we THINK about taking an action, the fear, the "what ifs", the challenge, the suffering, the effort it takes to do the thing in action will give our ego a way to walk right out of taking that action.

We are taught to always think about what we say and do but sometimes harnessing the power of impulsiveness can be beneficial.

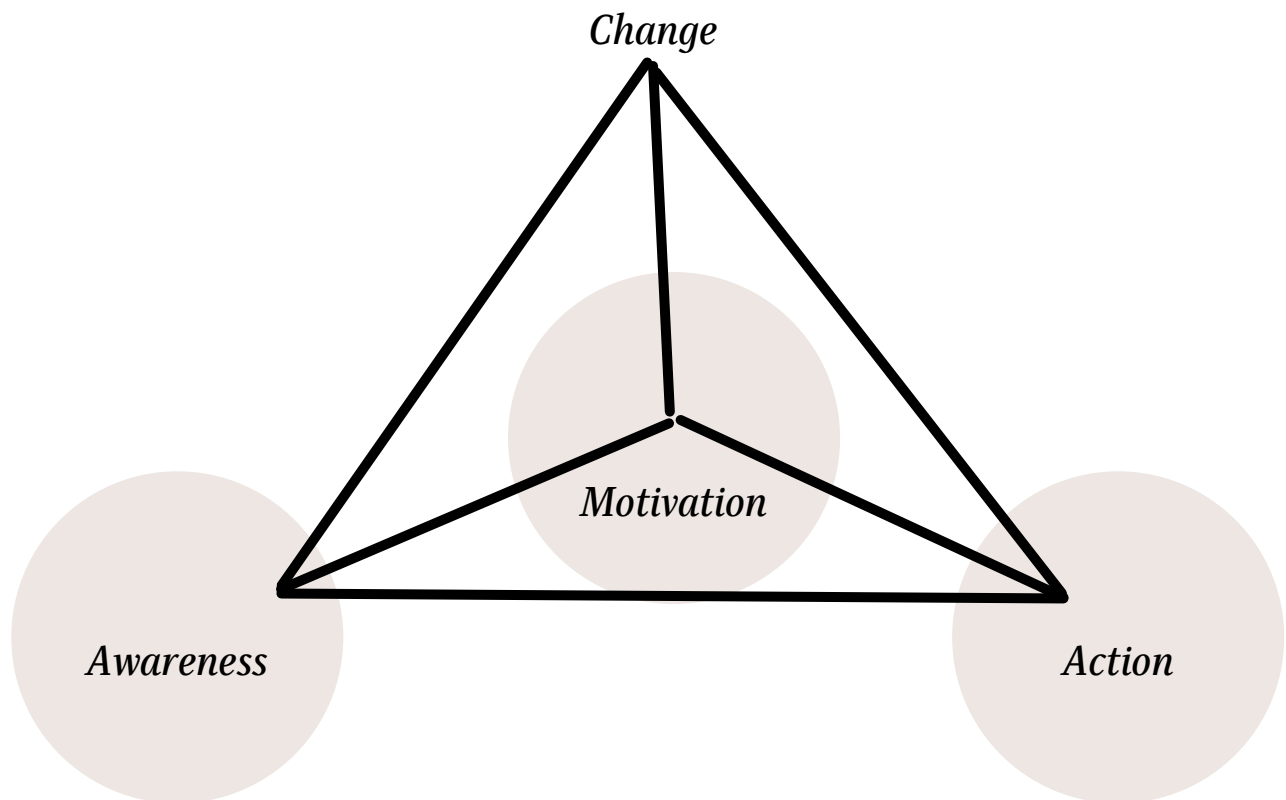
Reflection

What is the ACTION?

Now do it, don't think - just DO.

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3 FOUNDATIONS OF CHANGE



All 3 pieces of the foundation are required for change to happen.

All 3 are also fluid and always flowing and shifting depending on where you are in your journey and what aspect of change is needed to continue the journey. Sometimes the thing you need to focus on is gaining awareness, sometimes you need to take action, sometimes it's a combination of all 3 at the same time!

It is important that motivation remain high, and awareness is met with healing. We cannot become aware only to sit on it with no action!

LET'S KEEP IN TOUCH

Hey! I'm Victoria

I am a recovery and wellness coach for mental health and addictions. I struggled with both in my life and through fucking up and trying again I have found ways towards wellness that I share with others in their journey.

I help people overcome mental health and addiction in their life through coaching and energy healing. The 3 foundations of change are common conversations I have with my clients. It helps to remember that when we are unable to make change, even when we want to it's because something is blocking us and might fall into one of the other foundations.

I host free events and post videos and podcasts on my website. Go to my website at: holisticrecoveryervices.org to find out more.

My coaching is available to start now, email me now for direct inquiry to my program!

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