

Setting Goals



Things to Avoid:

Dirty Drug Tests

Not use drugs

Jail

Overdose

Short-term

Long-term

Desired Goals:

Pass random drug tests

Improve grades

Study more

Try-out for soccer team

Get in shape

Graduate from High School

Attend college

decide on major

study for SAT

apply to college

Drug-free

Of course, the ultimate goal is for a person to lead a life without using drugs however this may seem overwhelming. Small steps might be easier to attain and allow a sense of accomplishment while continuing to work on the long-term goals.

Every decision moves a person closer or further away from the desired goal(s)

Things to Avoid



Hanging out with friends who use drugs

Hanging out with friends who DO NOT use drugs



Listening to the same music I liked when high

Avoiding places I used to go to get high

Studying for a test



Staying out till 2 am

Desired Goals



Utilize the “Pro-Con” list may be a useful tool if you are finding it difficult to determine whether a specific decision is goal oriented or something to avoid.

Hanging out with friends who use drugs...

Pro

They know me.
I like them.
They are the only friends I have.

Con

I may be tempted to use again.
We may get arrested.
I may go jail.
I may not finish school.
Disappoint my parents.

Keep in mind this is from the person in recovery’s perspective. Utilizing the “Pro-Con” strategy when the family is developing the Desired Goal list may be useful to help the person in recovery to understand the reason behind a decision. For example the people he/she has been hanging out with may not be the best influences or give the person confidence to make new friends. Often being told he/she needs to make new friends causes rebellion. However, helping the person to make their own guided conclusion that hanging out with drug using friends may not be healthy. This may result in a better outcome and better attitude.