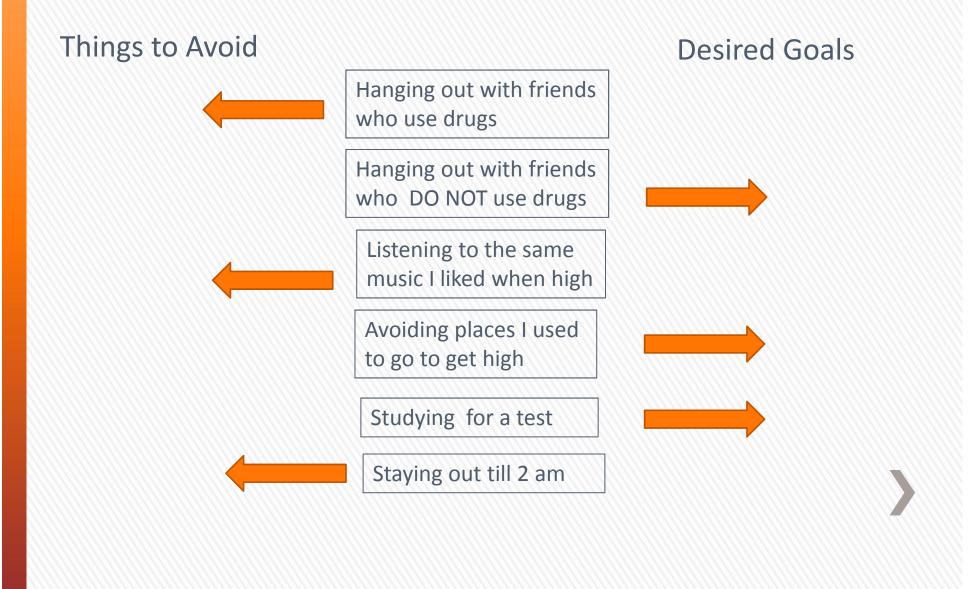
Setting Goals



Things to Avoid: **Desired Goals: Dirty Drug Tests** Short-term Pass random drug tests Not use drugs Improve grades Study more Try-out for soccer team Get in shape Graduate from High School Long-term Jail Attend college decide on major Overdose 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)



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

Con

They know me.I may be tempted to use again.I like them.We may get arrested.They are the only friends I have.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.