



CHANGES

— HEALING CENTER —

SELF ASSESSMENT: AM I READY FOR RECOVERY?

Read the statements and check each applicable box. This quiz is not a diagnostic tool but a snapshot of behavioral signs. For additional guidance, call Changes Healing Center at 602.691.7244.

CHECK THE BOX OF ANY SIGN THAT APPLIES TO YOU:

- ☐ I acknowledge I have a substance use problem.
- ☐ I have the desire to change.
- ☐ I'm willing to ask for help.
- ☐ I'm ready to accept responsibility for my actions.
- ☐ I sincerely want to commit to recovery.
- ☐ I'm open to new ideas.
- ☐ I want to set life goals.
- ☐ I am ready to repair damaged relationships.
- ☐ I want to learn how to be healthier.
- ☐ I recognize that I don't have good coping skills, but I am ready to learn.
- ☐ I want to love myself, but I'll need help getting there.
- ☐ I'm ready to face the causes of my substance use.

SCORING YOUR ASSESSMENT:

- 1-3 checks: You likely struggle with substances and know you need help but resist change.
- 4-7 checks: Substance use is problematic, but you're opening up to breaking your addiction.
- 8-12 checks: You are mentally preparing to make lasting change and seek sobriety.

NEXT STEPS: Call Changes Healing Center at 602.691.7244 for help reviewing your results. An admissions representative will discuss your quiz and guide you toward recovery.



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MAINTAINING MOTIVATION WORKSHEET

Use this worksheet to explore why you're ready to quit using substances and reinforce motivation.

List all the reasons why you want to quit drinking or using drugs:

Write down 5 "I am" affirmations that prove your worth recovery.

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MAKING CHANGE PLANS FOR RECOVERY

Use this worksheet to set goals, envision sobriety, and plan for recovery success.

1) List the 1st step you'll take to get help:

2) Who can help/support you as you get sober?

3) How will you measure your success?

4) List the signs you'll see when things are going well.

5) What potential roadblocks might you experience on this journey?

6) What tools can help you overcome setbacks?

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COST-BENEFIT ANALYSIS | THE TOLL OF ADDICTION

This worksheet helps you weigh the risks and rewards of substance abuse. After making your lists, reflect on the pros and cons. Ask yourself whether substances are worth it.

*List the potential costs (cons) of
substance use:*

*List the potential benefits (pros)
of substance use:*

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An admissions representative will discuss your results and guide you toward recovery.*