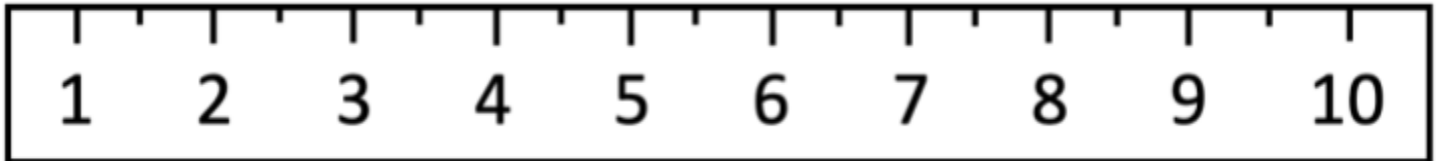


# humantold

## Substance Use Motivation Ruler

Are you motivated to end your substance use? Rank your motivation on the ruler from 1 to 10. A "1" means that you have absolutely no motivation to end your use. A "10" means that you are completely ready to be sober and have no doubt about the decision.



A horizontal ruler with tick marks and numbers from 1 to 10. The ruler is enclosed in a black rectangular border. The numbers 1 through 10 are printed in a large, bold, black font below the tick marks. There are small vertical tick marks between each number, and even smaller tick marks between those, indicating a scale from 1 to 10.

Why is your motivation where it is? Why not lower? Even if you marked only a "2" or a "3," there must be a reason you didn't write "1". List some of your motivators.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_