

# 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, and a “10” would mean that you are completely ready and have no doubt.

1	2	3	4	5	6	7	8	9	10
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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. \_\_\_\_\_