

Looking Forward



Sometimes it is helpful to picture a changed future for yourself. How do you think things might be after a change? Say you were to quit or cut down on your drinking/using drugs; imagine what life will be like and answer the following questions:

- ◆ What are your hopes for the future? How would you like things to turn out?

- ◆ With regard to the frustrating things in your life now, how would you like things to be different?

- ◆ What are the options/choices for you now? What could you do?

- ◆ What is the best result you can imagine after you make a change?
