




KCB Recovery

Choosing a Goal




The addiction treatment centers across the world are developed with the fundamental goal for most persons to stop their usage. The concept is that since addicts struggle with alcohol and drugs, the only solution for them is discontinue the usage. However, research has shown that the aforementioned goal is not the primary focus, especially in early stage of recovery.

Many persons are trying to reduce their usage to a manageable proportion and are seeking help with the underlining issues that caused them to start usage of substance. Therefore, the program is geared towards individual having the option of choosing their goal.

The purpose of this exercise is to establish a goal that is appropriate, when selecting a goal, it is pertinent to make it more achievable, measurable, realistic, making sure, it's not unattainable.

Use the worksheet to select your specific goals in dealing with usage. This will help us track your progress and allows us to evaluate each moment of success.



These questions will be helpful in defining your primary goal that is comfortable to your need. Be honest and realistic to yourself while setting goals. One of the main objectives of this program is to challenge yourself. Also, you can decide if the goal is time – specific.

1. What is your main goal?

To Abstain

To curb my usage to manageable amount

I don't know yet

Other

2. Are you willing to abstain?

Yes

No

3. For how long are you willing?

0-15 Days

16-30 Days

6 Months


1 Year

As long As Possible

4. Would any Progress be meaningful for you even if it's a small progress?

Yes, it'd be good if I make some progress

No, it's all or nothing



Write a few sentences about what your goals (When would you like to achieve them, why it's the right goals for you, what measures will you put in place to achieve your goals, what does success look like to you, etc.).

Write 1-3 commitments to your self that will push you closer towards achieving your goals. Make sure that your commitments are realistic and attainable and it's something you can do, even starting today.

Do you need additional support and hand holding? Schedule a Call Session with a KCB Certified Recovery Coach to walk through your worksheet with you and the steps for your recovery.

[Click here to Schedule your Recovery Call today](#)