

Six Sources of Influence Inventory

	Motivation		Ability	
Individual	<ul style="list-style-type: none"> Who am I? Who do I want to be? What does someone like me do? What do I value? What are my goals? What does my future look like if I don't change? Do I have hope? 		<ul style="list-style-type: none"> Recovery capital? What do I know about addiction? What do I know about recovery? What skills do you have? What are my strengths? What's worked or not worked before? 	
	Pro-addiction responses	Pro-recovery responses	Pro-addiction responses	Pro-recovery responses
Social	<ul style="list-style-type: none"> What are my friends and family like? Who supports recovery or addiction? What do they like together? Who do I want to be like? 		<ul style="list-style-type: none"> What groups are a good fit for me? Who can hold me accountable? Who's most influential over me? Who's there for me when things are bad? Who are my enablers? 	
	Pro-addiction responses	Pro-recovery responses	Pro-addiction responses	Pro-recovery responses

Structural/ Environment (think about home, work and anywhere else you spend a lot of time)	<ul style="list-style-type: none"> • What rewards/disincentives do I have in place that support recovery? • What rewards/disincentives do I have in place that support addiction? • How do I track my progress? 		<ul style="list-style-type: none"> • In what way does my environment make it easy to do the right things? • In what way does my environment make it easy to do the wrong things? • What tools can I use to help me? 	
	Pro-addiction responses	Pro-recovery responses	Pro-addiction responses	Pro-recovery responses

Six Sources of Influence Plan

	Motivation	Ability
Individual	<ul style="list-style-type: none"> • How can I keep my goals and values in the front of my mind? • How can I make doing the right thing enjoyable? 	<ul style="list-style-type: none"> • What skills do I need to learn or improve? • How will I practice the skills I need to maintain my recovery?
Social	<ul style="list-style-type: none"> • How can I surround myself with pro-recovery people? • How should I manage contact with people who drink or use? Or, people who demotivate me? 	<ul style="list-style-type: none"> • Who are the people I can really learn from? How will I involve them in my recovery? • Who are my enablers? How will I establish boundaries with them?

<p>Structural/ Environment</p> <p>(think about home, work and anywhere else you spend a lot of time)</p>	<ul style="list-style-type: none">• How can I put pro-recovery messages in my environment?• How can I set up rewards for doing the right things?• (ex - leave my readings out to remind me; don't choose an apartment with a bunch of partiers or liquor stores around it; notes on mirror or car dashboard.)	<ul style="list-style-type: none">• How can I make it easier to do the right things?• (ex - live near good meetings, so they are easy to get to; live near recovering friends to catch rides; readings on smartphone app, so they are always with you.)