

It is important that we find ways to help people get in touch with their passion and potential for creating the future that they want.

Session 13

Using Dissatisfaction to FIND Recovery Goals

shares a process of asking questions that help people reflect on their lives and make their own decisions about what they want to work on in their lives.

Dissatisfaction can motivate a person to start their recovery journey.

A recovery goal reveals and connects a person to their passion and potential on the other side of a psychiatric/co-occurring diagnosis. Recovery goals sometimes differ from treatment goals.

1. ***A person may be unlikely to use the word “dissatisfied” when describing situations with which they are unhappy.*** What does dissatisfaction look and sound like “in the real world?”

2. ***The greater the dissatisfaction, the more likely the person will want to make the effort to change.*** Ask questions that help the person explore this area of dissatisfaction long enough until you have a feel for what the person wants. Use variations of the question – What is this keeping you from doing that you would like to do? If you could get this area of your life the way you want it, what would it look like?

3. ***It is the benefits of making a change that motivate a person to act.*** Once you identify what the other person might want, ask questions that help him/her explore the benefits of making this change. Use questions like – What happens if you don’t make this change? What would be the benefits of making this change? How would your life be different if you made this change? What would you be able to do that you can’t do now?

4. ***In order to see possibilities, the person needs to see that there is something s/he can do that will start the change process.*** Once the person is excited about the possible benefits, ask what they might have to do to get started. Keep working with the person until you find something that they feel they can do- (not necessarily will, but can).

5. ***There are always barriers or the change would have already happened.*** Ask questions that help the person explore possible barriers they might encounter in making a change. What might be getting in the way of you doing this? What might you need or learn to do in order to overcome these barriers?

6. ***No one makes major changes by themselves.*** Ask questions that help the other person explore their supports– who would support, who would not support, who might work against making the change.

Dissatisfaction Tool to Set Recovery Goals

- 1) What are you unhappy with? (I don't have a job and I want to work)
- 2) What do you not like about _____? (not having a job)
- 3) What would you rather be doing? (working, feeling productive)
- 4) What is keeping you from doing that? (transportation, I don't have any training, I need help filling out an application)
- 5) Who can support you in obtaining this goal? (Vocational Rehabilitation (Voc. Rehab), Case Manager, family, Peer Specialist)
- 6) When do you want to start? (As soon as possible)

Session 13 – Review Questions – Using Dissatisfaction to Achieve Recovery Goals

1. When a person has identified an area of their life with which they are dissatisfied, what are six things you should help her think through in order to set a goal in this area?

2. For many reasons, some people are unable to or unwilling to set a real recovery goal. If a person you are working with was unable to set a real recovery goal, how does helping that person identify an area of dissatisfaction begin to get them in touch with a possible goal?