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[Importance Of Motivation In Addiction Recovery](#)

Select Strategies Used to Promote Community Recovery

Goals	Strategies	Rationale
Inspire hope	Hosting recovery celebration events & recovery conferences; sponsoring recovery mural arts projects in the community; Recovery Idol music contests; importing and locally developing charismatic speakers on addiction recovery and recovery advocacy.	Recovery initiation hinges on changing prevailing pessimism— elevating the idea that personal, family, and community recovery is both possible and a growing reality. People who were once part of the problem can be transformed and mobilized as part of the solution.
Create a network of recovering communities for mutual support	Visibly promote community recovery successes; exchange visits with other communities at national & international levels for mutual support and sharing of ideas and methods.	Internal and external recognition of local community efforts increases community self-esteem and enhances motivation for sustained system transformation efforts.
Mobilize internal resources	Sponsoring storyteller training for people in recovery and families; identifying & engaging recovery community leaders; providing peer leadership training; increasing representation of recovering people within paid and volunteer roles; creating Recovery Advisory Committees and multiple time-limited task forces.	Community recovery initiation is enhanced by mobilizing internal recovery capital. Community service is a vehicle of personal and community healing. Expanding service opportunities for people in recovery enhances personal and community recovery.
Mobilize external resources	Increasing procurement of federal, state, and private grants to increase system resources.	Community recovery initiation is enhanced by mobilizing external recovery capital.
Create a vision	Creating and disseminating Recovery Transformation Blueprint and Office of Addiction Services Strategic Plans.	Diminished attention span is a major indicator of community distress. Community recovery requires a vision and vehicles to sustain commitment and focus.
Increase trust	Maintaining consistent contact and commitment over time; assuring transparency in all decision-making; keeping promises; when wrong, promptly admitting it.	Exploitation and abandonment is the norm in distressed communities; community engagement requires a period of testing, trust building, and continuity of presence.



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Studies of these folks suggest that self-change occurred when they decided the costs outweighed the benefits. Stated differently, they recognized they would lose So, the question is...how can Motivational Enhancement Therapy motivate you to ... Which is why it's so important to understand that your addiction is a ... and as you start down the road to recovery you'll find other interests that Overcoming an Addictive Experience: The Importance of a Secure Base ... USA is an important exercise because, as anyone in recovery knows, addiction to any In the world of recovery from addiction, personal motivation and the willingness to ... to change will ultimately become more and more important.. Explores the role of family therapy in recovery from mental illness or substance abuse. Explains how family therapy sessions are run and who In substance abuse treatment, clients' motivation to change has often been the ... less weight to etiology than to the importance of a spiritual path to recovery.. Self-efficacy is an extremely important aspect of addiction recovery ... that you stay motivated, encouraged, and guided by peers in recovery.. What is recovery? A working definition from the Betty Ford Institute. Journal of Substance Abuse Treatment 33:221–227. Britton PC, Williams GC, Having the right motivation is a key aspect in overcoming addiction. In order for motivation to be real, you must find the benefits of recovery to How important is it to have motivation in addiction recovery? It's really the key to recovering from an addiction. Watch this.. Many online social media communities allow you to connect and interact with other recovering addicts from all over the world. Additionally, there In other words, "something" must cause them to move away from addiction and ... Since motivation is so critical to recovery, it is important for therapists and Motivational Interviewing is effective not only in clients who have ... client motivation for change by increasing the sense of the importance of change, ... The success of MI in treating substance addiction has resulted in it being Before committing to a life free of drugs and alcohol, people should understand why it is important to achieve sobriety. They need to learn that addiction is a Simply having something for you to mentally focus on is especially important. Some of the ways you can stay motivated during recovery include:.. 3 Kinds of Motivation for Addiction Recovery ... a black and white choice between the addiction and something of ultimate personal importance.. The pull towards addiction is stronger than the pull towards recovery. ... These are some of the reasons people lose their motivation in recovery: * When people ... This prevents people from forgetting why their recovery is so important to them.. In order for these people to escape the misery of addiction they will need to develop the right motivation. Receiving encouragement from friends and family can Yet building and maintaining motivation for recovery can't be done alone. People with addiction are more likely to be motivated to seek Motivation is the driving force behind action; it's also a primary ... In the left hand column, write down the benefits or gains of addiction.

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