



BEYOND THE TWELVE

What I Want from Addiction Care

Instructions: For each of the following, rate on a scale of 0-3 your level of agreement with the prompt:

0=disagree, 1=somewhat agree, 2=agree, 3=strongly agree

Section/Prompt	0	1	2	3
Engagement Wants				
I want to complete a formal addiction care program.	0	1	2	3
I want to set goals and priorities in my life.	0	1	2	3
I want to get more motivated to change.	0	1	2	3
I want to fulfill a requirement of the courts.	0	1	2	3
Addiction Specific Wants				
I want to learn more about substance use problems.	0	1	2	3
I want to find out for sure if I have a problem with addiction.	0	1	2	3
I want to abstain from alcohol completely.	0	1	2	3
I want to moderate or control my alcohol use.	0	1	2	3
I want to reduce the harm associated with alcohol while I continue drinking.	0	1	2	3
I want to consider medications for alcohol addiction.	0	1	2	3
I want to abstain from marijuana completely.	0	1	2	3
I want to moderate or control my marijuana use.	0	1	2	3
I want to reduce the harm associated with marijuana while I continue to use.	0	1	2	3
I want to abstain from another substance completely.	0	1	2	3
I want to moderate or control my other substance use.	0	1	2	3
I want to reduce the harm associated with another substance while I continue to use.	0	1	2	3
I want to consider whether medications for opiate addiction.	0	1	2	3
I want to abstaining from nicotine products completely.	0	1	2	3
I want to consider nicotine replacement products.	0	1	2	3
I want to consider medication for nicotine addiction.	0	1	2	3
I want to learn some skills to keep from returning to addictive behaviors.	0	1	2	3
I want to stop gambling altogether.	0	1	2	3
I want to reduce or control my gambling.	0	1	2	3
I want to stop another addictive behavior altogether (i.e. gaming, digital, sexual).	0	1	2	3
I want to reduce or control another addictive behavior (i.e. gaming, digital, sexual).	0	1	2	3
Mental Health Wants				
I want to be able to express my feelings in a healthier way.	0	1	2	3
I want to reduce my sadness or depressive symptoms.	0	1	2	3
I want to improve how I respond to anger.	0	1	2	3
I want to learn to relax better.	0	1	2	3
I want to be able to concentrate better on my tasks.	0	1	2	3
I want to feel less lonely.	0	1	2	3
I want to be able to respond better to fears or anxiety.	0	1	2	3
I want to work through past traumatic experiences in my life.	0	1	2	3
I want to see a specialist regarding my mental health.	0	1	2	3
I want to see a psychiatrist regarding medications for my mental health.	0	1	2	3



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Physical Health Wants				
I want to learn more about nutrition and exercise.	0	1	2	3
I want to be able to fall/stay asleep easier.	0	1	2	3
I want to be tested for sexually transmitted and bloodborne illnesses (HIV/Hep C).	0	1	2	3
I want to see a medical doctor for physical health concerns.	0	1	2	3
I want to see a dentist for concerns with my teeth.	0	1	2	3
Social and Family Health Wants				
I want to have a partner or family member involved in my program.	0	1	2	3
I want to resolve issues in my partner relationship.	0	1	2	3
I want to have healthier relationships with the people in my life.	0	1	2	3
I want to discuss sexual problems.	0	1	2	3
I want to be a better parent.	0	1	2	3
I want to communicate my needs and wants more effectively.	0	1	2	3
Education/Work Wants				
I want to be able to complete school.	0	1	2	3
I want to get back into school or the workforce.	0	1	2	3
I want to participate in a work skills development program.	0	1	2	3
I want to manage my behavior at school/work better.	0	1	2	3
I want to have better attendance at school/work.	0	1	2	3
I want to be a better problem solver at school/work.	0	1	2	3
I want to better communicate at school/work.	0	1	2	3
Financial Wants				
I want to obtain a better source of income.	0	1	2	3
I want to manage my money better/more independently.	0	1	2	3
I want to be able to pay my bills.	0	1	2	3
I want to obtain an ID, Social Security Card, Birth Certificate, or other legal document.	0	1	2	3
Recovery Environment Wants				
I want to find safe, supportive recovery housing.	0	1	2	3
I want to learn more about 12-step programs (i.e. Alcoholics Anonymous™, Narcotics Anonymous™, etc.)	0	1	2	3
I want to learn more about secular recovery programs (i.e. SMART Recovery®, LifeRing® Secular Recovery).	0	1	2	3
I want to learn more about Buddhist recovery programs (i.e. Recovery Dharma, Refuge Recovery®).	0	1	2	3
I want to learn more about female-specific recovery programs (i.e. Women for Sobriety™, SHE RECOVERS®).	0	1	2	3
I want to learn more about non-abstinence-focused recovery programs (i.e. Moderation Management™, HAMS).	0	1	2	3
I want to learn more about other non-support-group recovery programs (i.e. Recovery Movie Meetups™).	0	1	2	3
I want to learn more about other, paid, non-disease-based recovery models (i.e. Life Process Program®, The Freedom Model®).	0	1	2	3
Other things I want considered in the creation of my Recovery Plan:				