

Introduction

Good things
about usingBad things
about using

Weighing it up

Good things
about changeBad things
about change

Weighing it up

Summary

What now?

Weighing it all up – Changing your drug use

Now have a look at your list of positives and negatives about changing your drug use.

How important are each of these reasons and negatives to you personally?

If '0' was 'not important at all' and '10' was 'very important' what number would you give them?



Use the sliders to rate how important each item is to you:

WHAT OTHER PEOPLE SAY

Good things about change	Importance (0-10)	Not so good things about change	Importance (0-10)
I would have more money	9	It would be hard to cope with withdrawal	7
I would feel healthier	9	I would feel low all the time	5
I would be proud of myself	5		
I could get in control of my life again	5		

✓ SAVE MY RESPONSES

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