

Building Motivation Worksheet

Use this worksheet to help build motivation to seek help. The goal is to recognize your challenges, understand the potential positive outcomes, and guide yourself toward taking the most helpful action.

1. What are you losing?

Take a moment to recognize how your current struggles are negatively impacting your life. Reflect on how your behavior or mental health is affecting you and those around you.

Questions to consider:

- In what ways does your current coping mechanism (e.g., drinking, isolating) help? **Examples:** numbing, only way to sleep, avoidance
- What problems are the behaviors causing? Are there any serious consequences or risks related to what is happening?
- Is there a potential this could get worse, and if so, what could happen?
- Is this affecting your family, friends, or career? If so, how?

Your response:

2. How is this impacting what matters most to you?

Think about what truly matters in your life (your career, family, relationships, reputation, etc.). How could improving your mental health positively affect these areas?

Questions to consider:

- How do you think getting better could positively affect your relationship with your partner/kids/family/friends?
- If you were feeling better, how would it help your career or life goals?
- How would your life be different if you were more energized or focused?

Your response:

3. What does a better version of yourself look like?

Visualize what it would be like to feel better and how that version of you would act, feel, and live day-to-day.

Questions to consider:

- What does a healthier, happier version of yourself look like?
- How would you describe your daily life if you felt more at peace or less stressed?

Your response:

4. What is holding you back? Identify the obstacles that are preventing you from seeking help or making progress. Are you feeling fearful, ashamed, or simply unmotivated?

Questions to consider:

- What makes it hard for you to take that first step?
- What fears or concerns do you have about starting therapy or making changes?

Your response:

5. What can help you take that first step?

Once you've identified the challenges, think about what practical support might help you get through them. This could involve reaching out to someone for help or breaking down the task into smaller, manageable steps.

Questions to consider:

- Is there anything that would make it easier for you to take the first step?
- Would it help if someone you trust helped you find a therapist or made the first call with you?

Your response (#5 Cont.):

6. What small steps can you take to start?

Think about the first, manageable step you can take toward getting help, whether it's calling a therapist, making an appointment, or just exploring options.

Questions to consider:

- What's one small step you can take right now that will move you in the right direction?
- Would you be open to setting a goal to contact a therapist or support resource by the end of the week?

Your response:

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