

You and Your Treatment Court Worksheet

***Life isn't about finding yourself. Life is about creating yourself.
-George Bernard Shaw***

1. First think about then list the reasons that you decided to take this program. What were your goals; what did you hope to achieve; how did you want your life to change?

2. In order to complete this treatment program, you agreed that you would need to meet all requirements. Explain how the requirements have or have not become a priority in your life.

3. Commitment - On a scale of 1 to 5, circle your commitment level to each of the following. Use the commitment level you feel right now, where:

1. Not Committed 2. A little Committed 3. Somewhat Committed 4. Very Committed 5. Extremely Committed

- A) Making your recovery the top priority in your life. 1 2 3 4 5
- B) Achieving your stated goals. 1 2 3 4 5
- C) Seeing yourself as part of a team with the focus on your recovery. 1 2 3 4 5
- D) Meeting all requirements of the program. 1 2 3 4 5
- E) Receiving and adopting advice and constructive criticism. 1 2 3 4 5
- F) Being on time for all events and obligations. 1 2 3 4 5
- G) Being honest and straightforward with your team. 1 2 3 4 5
- H) Maintaining sobriety after graduation. 1 2 3 4 5

4. A Hypothetical Situation - Read the following hypothetical situation then answer the questions honestly.

Suppose that you were offered a one time prize of \$100,000 (100 thousand dollars) if you, for the next 3 months, met all the requirements of this treatment court. Think about the many requirements; for example you must attend 90 and 90 never being late, Think about all the details and matters you must control. But again, the reward is \$100,000.

A) What behaviors and attitudes would you not change? List any of your current behaviors, habits, and attitudes that would help you to receive the \$100,000.

B) What behaviors and attitudes would you change? List any of your current behaviors, habits and attitudes that you would need to change because they would probably keep you from receiving the \$100,000.

6. *After completing this worksheet do you wish to remain in the program? Yes or No*

7. *If so why?*

8. If yes - Please refer to question 3 and 4. What behaviors and attitudes need to change so that they reflect your commitment to the treatment court and meet the requirements of the program?

9. What help will you need from your team in order to change these behaviors and attitudes so that an atmosphere of cooperation rather than confrontation exists?

5. In order to complete this treatment program, you agreed that you would need to meet all requirements. List the requirements of the program needed to be completed in order to move phases. Briefly describe what you have completed and what needs to be accomplished to meet this requirement.