

Taking the Initiative Worksheet

“Don’t wait for your ship to come in, swim out to it.”

— **Cathy Hopkins**

1. Answering the question, what do you attribute your success in the treatment program, Jose Aponte replied, “Reaching Out; I can’t stay alone in my head by myself. You take the advice of different people but you have to work it out by yourself.” What do you think he meant by this statement?.

2. Many times people have good intentions but do not carry out requirements of treatment. What factors may hinder the completion of these tasks?

3. Do you feel there are instances when a treatment court participant must take the initiative to accomplish required task and goals without out being directed or encouraged to do so? YES or NO Explain your reasoning?

4. Indifference and inactivity are opposite of initiative.

By checking the box before each statement, indicate which of the following you feel show indifference, inactivity or a lack of initiative.

- Failure to call a sponsor*
- Failure to call a PO*
- Failure to call Avertest*
- Failure to inform a PO of a problem*
- Failure to change the time or date of an appointment*
- Failure to inform someone that you will be late*
- Failure to ask for help to solve a problem*
- Failure to ask for help in understanding a requirement of your treatment court*
- Indecision in naming a sponsor*
- An unemployed treatment court participant not daily searching for a job*
- After losing a job failure to begin searching for another without being told*
- Failure to develop transportation plan, a child care plan, a budget, or relapse plan*
- Failure to follow a transportation plan, a child care plan, a budget, or relapse plan*
- Failure to revise a transportation plan, a child care plan, a budget, or relapse plan when needed.*
- Failure to ask for help, if needed, in developing, following or revising a transportation plan, a child care plan, a budget, or relapse plan*
- Failure to remind someone who has made a promise but fails to complete this promise*
- Failure to ask a roommate/spouse to throw away any alcohol stored in your residence*
- Failure to ask your roommate/spouse to store their guns at another residence*
- Failure to seek help with problems in any aspect of their lives such as personal problems, recreational problems, or work related problems.*
- Failure to time manage so that urine tests are required.*

5. Treatment Courts at time demand us to complete tasks we find unpleasant, uncomfortable, or perhaps even disagreeable. List 3 (or more if you wish) of the tasks that you feel fall into this category.

6. Why do you find these tasks unpleasant or disagreeable?

7. How do you feel that your initiative helps you to rise above adversity, (to rise above the “small stuff” to achieve your goals)?

8. Assessing your personal qualities.

On a scale of 1 to 10 place a number in the box, show where you fit on this scale. For example, in the first box place a 1 if you are very indifferent, a 10 if you are always involved, a 5 if 50% of the time you are involved and 50% indifferent, or any other number to show your leanings.

- | | | | |
|------------------|----------|-------------------|--------------------------|
| (1) Indifference | ...to... | Involved (10) | <input type="checkbox"/> |
| (1) Motivated | ...to... | Disheartened (10) | <input type="checkbox"/> |
| (1) Self-reliant | ...to... | Dependent (10) | <input type="checkbox"/> |
| (1) Opinionated | ...to... | Open Minded (10) | <input type="checkbox"/> |
| (1) Shy | ...to... | Confident (10) | <input type="checkbox"/> |
| (1) Recluse | ...to... | Gregarious (10) | <input type="checkbox"/> |
| (1) Apathy | ...to... | Ambition (10) | <input type="checkbox"/> |
| (1) Vigor | ...to... | Inactivity (10) | <input type="checkbox"/> |
| (1) Keep secret | ...to... | Declarative (10) | <input type="checkbox"/> |
| (1) Bottle Up | ...to... | Reach out (10) | <input type="checkbox"/> |
| (1) Withhold | ...to... | Divulge (10) | <input type="checkbox"/> |
| (1) Surrender | ...to... | Persistence (10) | <input type="checkbox"/> |

9. How do the previous questions and your ratings affect your recovery?

10. What steps can you take to insure that you will be able to accomplish difficult goals and tasks, even when others let you down? How can you overcome circumstance? How can you develop the courage to reach out to support as need?

11. Why do you feel that you were asked to complete this form?

11. By completing this form, what if anything have you learned about you and initiative. Please state facts that you think are both positive and negative

12. What changes can you make to address any problems that you have discovered