**HOW TO RECOGNIZE SELF-MOTIVATIONAL STATEMENTS**

**SELF-MOTIVATIONAL STATEMENTS COUNTERMOTIVATIONAL ASSERTIONS**

 I guess this has been affecting me more than I I don’t have any problem with marijuana.

realized .

Sometimes when I’ve been using, I just can’t think When I’m high, I’m more relaxed and

 or concentrate. creative.

I guess I wonder if I’ve been pickling my brain. I can drink all night and never get drunk.

I feel terrible about how my drinking has hurt my I’m not the one with the problem.

family.

I don’t know what to do, but something has to change. No way am I giving up cocaine.

Tell me what I would need to do if I go into treatment. I’m not going into a hospital.

I think I could become clean and sober if I decided to. I’ve tried to quit, and I just can’t do it.

If I really put my mind to something, I can do it. I have so much else going on right now that I

 can’t think about quitting.