GOALS

- Overview of Motivational Enhancement Therapy
  - Exploring the Stages of Change Model
    - Internal vs External Motivation
    - Creating Your Motivation
  - Tips on Increasing Your Motivation
“Inside the Mind of a Master Procrastinator”

"Motivation, which is considered a state not a trait, is not static and thus can change rapidly from day to day."

Sobell & Sobell, 2008
Motivational Enhancement Therapy

What it is...

- Originally developed for treating individuals addicted to drugs and alcohol.
- Designed to produce rapid, internally motivated change.
- Resolve ambivalence / mixed feelings on change.
- Mobilize the client's own change resources.
- Emphasizes personal choice.

What it is NOT...

- Not confronting
- Not telling you what to do
- Not threatening with consequences
Stages of Change Model

- **Precontemplation**
  - Increase awareness of need to change

- **Contemplation**
  - Motivate and increase confidence in ability to change

- **Relapse**
  - Assist in Coping

- **Preparation**
  - Negotiate a plan

- **Maintenance**
  - Encourage active problem-solving

- **Action**
  - Reaffirm commitment and follow-up

- **Termination**
Types of Motivation...

INTERNAL
- Challenge
- Curiosity
- Control
- Competition
- Confidence driven
- Seeking recognition

EXTERNAL
- Engaging in a behavior in order to earn external rewards or avoid punishments
- Grades, Parents, Professors, etc.

External motivation can only get us so far...

Working on Creating Motivation...

- Identify the problem behavior that you are looking to address
  - Be honest with yourself
  - Be realistic / reasonable with your expectations

- Assess your personal values, and what this change in motivation means for you
  - There is a difference between what we say we value, and what we actually do

- Use decisional balance to consider all potential outcomes or pros/cons

- Look into your desire for developing this motivation
  - Why are you doing it?

- Develop your change plan
  - Are the goals reasonable? Are you setting yourself up for success or failure?
  - How can you plan for inevitable obstacles that will interfere with your plan?
  - Where does accountability come into play?
Motivational Interviewing Exercise

To complete for next time
Motivation

DAY 2
ALYCE NEWMAN, LMSW
STUDENT HEALTH AND COUNSELING SERVICES
GOALS

- Review of Creating Your Motivation
- Additional tips on improving motivation
- Developing your “Change Plan”

The place between your comfort zone and your dream is where life takes place.
Helen Keller
Working on Creating Motivation...

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  - Where does accountability come into play?
Ways to Improve Your Motivation...

- Change of scenery
- Offer yourself a reward system
- Positive affirmations / self-talk
- Set attainable goals - "Small Victories Theory"
- Track progress and steps of completion
- Check your self-care regimen

It's a slow process, but quitting won't speed it up.
“The idea here is that EVERY single action you take in a day, is seen as a small victory 🏆.

You got out of bed? Small victory. You brushed your teeth? Small victory. You made it to class today? Small victory. You folded your pile of laundry? Small victory. You completed an assignment on time? Small victory. You made it to dinner plans with a friend? Small victory...and so on. The point here, is setting and accomplishing short-term, realistic goals - which DESERVE to be seen as victorious 🏆!!

As you continue to be victorious, you will FEEL that accomplishment. And that accomplishment will re-ignite that motivation. It will bring you back to those familiar feelings and emotions that you felt before you were depressed or unmotivated. It will make you want to work for more.

An important reminder here, is that small victories 🏆 can be considered WHATEVER it is you want them to stand for! YOU determine what is measured as a small victory 🏆 for yourself – not your significant other, friends, family members, etc.

We must remember that half the battle is learning to compete with ourselves rather than others. When our goals are authentically ours, we will feel the reward in the small victories 🏆 we complete.

What are YOUR small victories? 🏆”

-Alyce Newman, LMSW
Denzel Washington’s Motivational Life Advice

https://youtu.be/0FB9i7P9Zs4
Creating Your Change Plan...

- Using your “Motivational Interviewing Exercise” from last week, take the 3 short-term goals you identified, and input them onto your “Change Plan” worksheet.

- Spend time breaking each goal down into a specific plan to accomplish this goal.

- Please don’t hesitate to ask for help!!!
Obstacles are the cost of greatness.
Robin Sharma