

Name:

MY PERSONAL MESSAGE

Thinking about what you will say or do in a situation before it happens can help give you the confidence you need to stay focused on your goals and refuse anything that would interfere with them, such as using opioids or other drugs. Think back to the My Brand Story & Vision worksheet from Lesson 2 where you wrote down some of your hopes and goals for the future. These things help define your why. With these as a guide, use the space below to write your own personal message that clearly states your why.

Define Your Why.

Take a moment to think about the words, notes, and pictures you put on the My Brand Story & Vision worksheet. How does using opioids and other drugs interfere with your hopes and goals? Write down words or phrases that come to mind in the space below. Then, using your notes, write down a statement that completes the following statement: I choose to avoid risky behaviors such as using opioids and other substances because... Write your statement in the space below.

My Why

Make the Message.

Now think about the result of your My Response Tendency self-assessment. Thinking about how you tend to respond to stress, write a message (or plan) for how you would stick to your goals and get out of a negative situation (whether it be using opioids or other drugs, a mental health challenge, a relationship issue, etc.) in a healthy way. You may respond to the situation with defiance, humor, facts, advocacy, or with the help of others. Lean into your tendency and use your why to write a personal message to respond to a harmful situation you might face. Think of some of the refusal techniques explored in Lesson 2 to get you started.

My Personal Message

MESSAGE IDEAS BASED ON TENDENCY RESULTS:



If your response tendency was a Bull, your plan may be a personal determination to abstain from certain risky behaviors no matter what. Your personal message might be something like: I don't use opioids or other substances because I want to get a soccer scholarship. End of discussion.



If your response tendency was an Ostrich, your plan may be to avoid situations that put your boundaries at risk. Your personal message might be something like: I want to minimize unnecessary stress in my life, so I plan to avoid situations where alcohol or other drugs are present.



If your response tendency was a Possum, your plan may be to ask for help to keep you focused on what's important to you. Your personal message might be something like: Staying focused on my goals [insert goal] is important to me, so I will ask for help to stay focused on this goal.



If your response tendency was a Fawn, your plan may be to advocate for others. Your personal message might be something like: My mom really needs my help with my younger brother, so I plan to avoid unhealthy or risky behaviors in order to be available to help make sure he's taken care of.