

Dissatisfaction Tool to Set Recovery Goals

- 1) What are you unhappy with? (I don't have a job and I want to work)
- 2) What do you not like about _____? (not having a job)
- 3) What would you rather be doing? (working, feeling productive)
- 4) What is keeping you from doing that? (transportation, I don't have any training, I need help filling out an application)
- 5) Who can support you in obtaining this goal? (Vocational Rehabilitation (Voc. Rehab), Case Manager, family, Peer Specialist)
- 6) When do you want to start? (As soon as possible)