

Prescription Medicine Misuse: Setting Goals for Quitting

[outdoor sounds] Life is a journey.

And when you decide to make a change in your medicine misuse, you're at a fork in the road.

[sound of crickets] There may be things you like down that old road, like the way you feel when you're taking the medicine. [harp sounds] And at the same time, your life may feel out of control, and you may do things you're not proud of.

You'd like to head toward a life where you're the person you want to be ...

and you probably have goals for your new life, like getting a better job, finishing school, or being a better partner or parent.

But a big goal can seem far away.

Having a map ... one made up of small goals ...

can help steer you toward the life you want.

It's probably best to start with a goal that you know you can reach.

It feels good to succeed [trumpet call], and with small goals, you'll have success more often.

And go for something specific and short-term.

Something you can write down. That makes it real.

Then put your goal where you will see it often and be reminded of what you're trying to do.

It's a good idea to focus on one goal at a time.

That keeps things easier to manage, and makes it less likely that you'll feel overwhelmed and give up.

["whew" sound] When you reach a small goal, give yourself a little reward.

It can be something simple, like going to a movie [movie sounds], getting outside to enjoy a nice day [outdoor sounds], or just giving yourself a pat on the back.

Then you're ready to set your next small goal.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



Prescription Medicine Misuse: Setting Goals for Quitting

With each goal you meet, you'll be closer to the life you want.

Now, making a change may feel a little scary at first [sound of wolf howling], but it can feel good too, because it can lead to a future where you feel in control.

And you don't have to go alone.

There are people who want to help, like caring friends or family, counselors, or those you'll find in a support group.

Some people decide that their first goal is to tell someone they have a problem, and that they need help.

[music, outdoor sounds] But this is your journey. The road you take is up to you.

So, what will your first small goal be?