

Change Plan Worksheet

The changes I want to make (or continue making) are:

The reasons why I want to make these changes are:

The steps I plan to take in changing are:

The ways other people can help me are:

I will know that my plan is working if:

Some things that could interfere with my plan are:

What I will do if the plan isn't working:

Change Plan Worksheet Outline

The changes I want to make are:

*List specific areas or ways in which you want to change
Include positive goals (beginning, increasing, improving behavior)*

The most important reasons why I want to make these changes are:

*What are some likely consequences of action and inaction?
Which motivations for change seem most important to you?*

The steps I plan to take in changing are:

*How do you plan to achieve the goals?
Within the general plan, what are some specific first steps you might take?
When, where and how will these steps be taken?*

The ways other people can help me are:

*List specific ways that others can help support you in your change attempt
How will you go about eliciting others' support?*

I will know that my plan is working if:

*What do you hope will happen as a result of the change?
What benefits can you expect from the change?*

Some things that could interfere with my plan are:

*Anticipate situations or changes that could undermine the plan.
What could go wrong?
How might you stick with the plan despite the changes or setbacks*

Change Plan Worksheet Example

The changes I want to make are:

1. Stop smoking crack
2. Reduce my drinking
3. Take better care of my kids

The most important reasons why I want to make these changes are:

1. Get out of trouble with probation—avoid dirty urines
2. Take better care of my health
3. Give my kids a better chance.

The steps I plan to take in changing are:

1. Keep coming to group and treatment here.
2. Give urines to my P.O. every week.
3. Spend time each day focusing on my children
4. Go to my kids' schools to meet their teachers.
5. Stop using crack, one day at a time.
6. Get a sponsor at NA.
7. Avoid hanging out with people who use.
8. Go back to church.

The ways other people can help me are:

1. My P.O. can encourage me when I give a clean urine.
2. My counselor can help me deal with my depression.
3. My group can help me talk about my difficulties in quitting.
4. My mom can care for my kids when I'm working or at treatment.
5. My sponsor can help me when I have a craving.

I will know that my plan is working if:

1. I am not using crack.
2. I am giving clean urines.
3. I am coming to group 8 out of 10 times.
4. I am spending time each day focusing on my children and their needs.
5. I am going to NA 3 times a week.

Some things that could interfere with my plan are:

1. If I get sent back to jail for a dirty urine.
2. If I don't plan ahead for cravings and urges
3. If I don't stop hanging with using friends.
4. If I quit treatment.

What I will do if the plan isn't working:

1. Be honest with my counselor and my group and ask for help.
2. Make another plan that takes care of cravings/urges better.
3. Tell my P.O. I need residential treatment or more treatment.
4. Refuse to let myself feel like a failure