**Change Plan Template**

*Complete the sections below to generate your change plan.*

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| --- |
| **The change(s) I want to make (or continue making) is/are:**  *List specific areas or ways in which you want to change*  *Include positive goals (beginning, increasing, improving behavior)* |
| **The reasons 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 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?* |
| **What I will do if my plan isn’t working:**  *How might you stick with the plan despite the changes or setbacks?* |

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Signature Date

*Source: Ingersoll, et al (2002). Motivational Groups for Community Substance Abuse Programs. Richmond, VA: Mid-Atlantic ATTC.*

**Handout 5.3.12: Example of Change Plan Worksheet**

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| **The change(s) I want to make (or continue making) is/are:**  1. Stop smoking crack  2. Reduce my drinking  3. Take better care of my kids |
| **The reasons I want to make these changes are:**  1. Get out of trouble with probation–avoid dirty urine tests  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 urine tests to my probation officer 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 Narcotics Anonymous.  7. Avoid hanging out with people who use.  8. Go back to church. |
| **The ways other people can help me are:**  1. My probation officer can encourage me when I give a clean urine test.  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 my plan is working if:**  1. I am not using crack.  2. I am giving clean urine tests.  3. I am coming to my support 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 Narcotics Anonymous 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 test.  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 my 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 probation officer that I need residential treatment or more treatment.  4. Refuse to let myself feel like a failure |

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Signature Date

*Source: Motivational Groups for Community Substance Abuse Programs.*