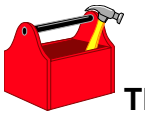

THE TOOL:

Change Plan Worksheet

EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?

☐ **Building Motivation** ☑ Coping with Urges ☐ Problem Solving ☐ Lifestyle Balance

EQUIPMENT REQUIRED: Distribute a copy of this sheet to group members to help them to document their personal change plan.

1. **The changes I want to make are:**

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

3. **The steps I plan to take in changing are:**

4. **The ways other people can help me are:**

   Person **Possible ways to help me**

5. **I will know that my plan is working if:**

6. **Some things that could interfere with my plans are:**

7. **How important is it that you make this change:**

   Not at all Important **Most Important**

   0 1 2 3 4 5 6 7 8 9 10

   ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

8. **How confident are you that you can make this change?**

Acknowledgement: Thanks to team member Dr. Henry Steinberger