

SMART Recovery®

THE TOOL:	Change Plan Worksheet
EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?	
☑ Building Motivation	on □ 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 importa	nt reasons why I want to make these changes are:
3. The steps I plan to	o take in changing are:
4. The ways other po	eople can help me are:
<u>Person</u> <u>Pos</u>	ssible ways to help me
5. I will know that m	y 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 Importa 0 1 2	<u>Most Important</u> 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	

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