

Change Plan Worksheet

(Adapted from Miller, Zweben, DiClemente & Rychtarik, 1999)

The changes I want to make are:

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

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The steps I plan to take in changing are:

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The ways other people can help me are:

| Person | Possible ways to help |
|--------|-----------------------|
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I will know that my plan is working if:

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Some things that could interfere with my plan are:

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Signed by: _____ Witness: _____

This Plan will be reviewed _____ days from today: ____/____/____