

<b>Change Plan Worksheet Example</b>
<p><b>The changes I want to make are:</b></p> <ol style="list-style-type: none"> <li>1. Stop using abusive behaviors</li> <li>2. Develop a healthy relationship</li> <li>3. Take better care of my kids</li> <li>4. Stop using drugs and alcohol</li> </ol>
<p><b>The most important reasons why I want to make these changes are:</b></p> <ol style="list-style-type: none"> <li>1. Get out of trouble with probation</li> <li>2. Take better care of my health</li> <li>3. Give my kids a better chance</li> <li>4. Avoid more charges and/or dirty UAs</li> <li>5. Reduce stress levels</li> <li>6. Happy within current/future relationships and myself</li> </ol>
<p><b>The steps I plan to take in changing are:</b></p> <ol style="list-style-type: none"> <li>1. Compliant with terms and conditions of probation (PO)</li> <li>2. Spend time each day focusing on my children/relationship</li> <li>3. Attend and participate in DV treatment</li> <li>4. Comply with protection order (P/O)</li> <li>5. Acknowledge and identify controlling and abusive behaviors</li> <li>6. Practice respect and empathy for others</li> </ol>
<p><b>The ways other people can help me are:</b></p> <ol style="list-style-type: none"> <li>1. My P.O. can encourage me</li> <li>2. My counselor, family, friends and PO can help hold me accountable for my actions</li> <li>3. My group can help me talk about my difficulties with change</li> <li>4. My partner can be involved in applying what I learned in group at home</li> </ol>
<p><b>I will know that my plan is working if:</b></p> <ol style="list-style-type: none"> <li>1. I am not displaying controlling or abusive behaviors</li> <li>2. I will attend DV group consistently (on time, attentive and participating)</li> <li>3. I am not abusing substances</li> <li>4. I am meeting the Core Competencies outlined by the CO DVOMB</li> <li>5. I am implementing what I am learning in group in my personal relationships and everyday life</li> </ol>
<p><b>Some things that could interfere with my plan are:</b></p> <ol style="list-style-type: none"> <li>1. If I pick up new charges (DV or otherwise)</li> <li>2. If I use drugs or alcohol</li> <li>3. If I don't stay employed or lack of motivation to find employment</li> <li>4. If I quit treatment.</li> <li>5. If I continue with abusive behavior and don't hold myself accountable</li> <li>6. Non-compliance with treatment and/or excessive absences from treatment</li> </ol>
<p><b>What I will do if the plan isn't working:</b></p> <ol style="list-style-type: none"> <li>1. Be honest with my counselor and my group and ask for help.</li> <li>2. Update treatment plan and Personal Change Plan to better address my needs</li> <li>3. Tell my PO/counselor I need residential treatment or additional treatment if substance abuse is an issue.</li> <li>4. Refuse to let myself feel like a failure</li> </ol>