CHANGE PLAN

List 5 specific steps you will take in changing your behavior.
1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________

When will you put it in action? ___________

Who will support your plan? ____________________________

What activities can you enjoy that do not involve drugs and alcohol?
________________________________________
________________________________________
________________________________________

If you detour from your change plan what will you do?
________________________________________
________________________________________
________________________________________

What will be the difficulties in making the change?
________________________________________
________________________________________
________________________________________

What are the benefits from changing?
________________________________________
________________________________________
________________________________________

What situation and people will make it hard to follow your plan?
________________________________________
________________________________________
________________________________________

Where are you in the stage of change? ____________________________
Many people who regularly use drugs or alcohol say they continue with their use because the costs of quitting are judged to be too high or risky. It may be useful in deciding whether or not to participate in some form of treatment to review the specific benefits and costs in continuing with things as they are. In the quadrants below, list examples of what you gain and lose by continuing using drugs or alcohol and what you would gain by stopping drugs or alcohol use.

<table>
<thead>
<tr>
<th>Benefits of Continued Use:</th>
<th>Costs of Continued Use:</th>
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<table>
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<tr>
<th>Benefits of Stopping Use:</th>
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Discuss items you included in each of the above quadrants with your therapist. Based on the information above, answer the following questions: Is it more beneficial for me to continue with the way things are? Could I benefit from making a change regarding my drug