



**CHANGE-PLAN
WORKSHEET**

Changes I want to make:	
I want to stop drinking alcohol	
How important is it to me to make these changes? (1-10 scale)	9
How confident am I that I can make these changes? (1-10 scale)	3
The most important reasons I want to make these changes are:	
<ol style="list-style-type: none"> 1. My partner is about to leave me 2. My health is suffering 3. I can't afford it 	
The steps I plan to take in changing are:	
<ol style="list-style-type: none"> 1. Not going to the pub 2. Not buying any alcohol 3. Staying away from Cath 	
How other people can help me (person; kind of help):	
<ol style="list-style-type: none"> 1. Bob (my Partner). He can keep encouraging me and we can organise activities together. 2. Cath. I'm going to call her to explain and hope she understands 3. Barbara. She doesn't drink. I'm going to arrange to see her this week. 	
I will know my plan is working when:	
<ol style="list-style-type: none"> 1. I haven't gone to the pub all week. 2. Bob and my relationship is better. He doesn't talk about leaving me. 3. I haven't drunk all week 	
Some things that could interfere with my plan are:	
<ol style="list-style-type: none"> 1. Cath might not be happy and turn up at my place with a bottle. 2. If Bob leaves I'll probably turn to the drink. 3. Friends calling my Saturday night telling me how good a time they're having. 	

