

Action/Care/Change Plan Worksheet

Client Name:

Date:

1 The priority target areas highlighted by the assessment are:

2 The reasons why I want to make changes in these areas are:

3 The steps I plan to take in changing and dealing with these issues are:

4 The ways other people can help me are:

5 I will know that my plan is working if:

6 Some things that could interfere with my plan are:

7 What I will do if the plan isn't working:

Action/Care/Change Plan Worksheet Completion Guide

The changes I want to make are:

- List specific areas or ways in which you want to change
- Include positive goals (beginning, increasing, improving behaviour)

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

- What are some likely consequences of action or inaction?
- Which motivations for change seem most important to you?

The steps I plan to take in changing are:

- How do you plan to achieve the goals?
- Within the general plan, what are some specific first steps you might take?
- When, where and how will these steps be taken?

The ways other people can help me are:

- List specific ways that others can help support you in your change attempt
- How will you go about getting others' support?

I will know that my plan is working if:

- What do you hope will happen as a result of the change?
- What benefits can you expect from the change?

Some things that could interfere with my plan are:

- What could go wrong with your plan?
- How might you stick with the plan despite the changes or setbacks?

Action/Care/Change Plan Worksheet Example

The changes I want to make are:

1. Stop doing cocaine.
2. Reduce my drinking.
3. Take better care of my kids.

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

1. Stay out of trouble with Police and Courts.
2. Take better care of my health.
3. Give my kids a better chance.

The steps I plan to take in changing are:

1. Keep coming to the programme.
2. Keep all my appointments.
3. Spend time each day focusing on my children.
4. Stop using heroin, one day at a time.
5. Start attending AA/NA meetings.

The ways other people can help me are:

1. The group can encourage me when I make positive changes.
2. My counsellor can help me deal with my depression.
3. My group can help me talk about my difficulties in quitting.
4. My mom can care for my kids when I'm attending the programme.

I will know that my plan is working if:

1. I am not using heroin anymore.
2. I am giving clean urines.
3. I am coming down on my methadone and reducing tablets.
4. I am spending time each day focusing on my children and their needs.

Some things that could interfere with my plan are:

1. If I start hanging around with drug using friends.
2. If I don't plan ahead for cravings and urges.
3. If I don't keep attending my programme every day.

What I will do if the plan isn't working:

1. Be honest with my counsellor/key-worker and my group and ask for help.
2. Make another plan that takes care of cravings/urges better.
3. Work on relapse prevention skills.