

# Change Plan Worksheet

## Change Plan Worksheet

The goal setting exercise below is useful for helping a patient articulate specifically what they want to change and develop a plan for change.

**The changes I want to make are:**

**The most important reasons why I want to make this change are:**

**My main goals for myself in making this change are:**

**I plan to do these things in order to accomplish my goals:**

*Specific action:*

*When:*

**Other people could help me with change in these ways:**

*Person:*

*Possible ways to help:*

**These are some possible obstacles to change, and how I could handle them:**

*Possible obstacle to change:*

*How to respond:*

**I will know that my plan is working when I see these results:**

You can provide (verbally or written) the following considerations to assist the person in completing the Change Plan Worksheet.

- ▶ *The changes I want to make are...* Be specific. Include goals that are positive (wanting to increase, improve and do more of something) and not just negative goals (stop, avoid or decrease a behavior).
- ▶ *My main goals for myself in making these changes are...* What are the likely consequences of action or inaction? Which motivations for change are most compelling?
- ▶ *The first steps I plan to take in changing are...* How can the desired change be accomplished? What are some specific, concrete first steps? When, where, and how will the steps be taken?

Reference: This resource is reproduced from McPherson, T., Goplerud, E., Bauroth, S., Cohen, H., Storie, M., Joseph, H., Schlissel, A., King, S., & Noriega, D. (2019). Learner's Guide to Adolescent Screening, Brief Intervention and Referral to Treatment (SBIRT). Bethesda, MD: NORC at the University of Chicago.

- ▶ *Some things that could interfere with my plan are...* What specific events or problems could undermine the plan? What could go wrong? How will the person stick with the plan despite these particular problems or setbacks?
- ▶ *Other people could help me in changing in these ways...* What specific things can another person do to help them take the steps to change? How will the person arrange for such support?

*I will know that my plan is working if...* What will happen as a result of taking the different steps in the plan? What benefits can be expected?