Change Plan

**Goal:**

I want to try to quit using at this point

I am not ready to quit completely, but would like to reduce my risk.   
The change I would like and am ready to make is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Timing:** I will start to do this on this date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reasons:** My most important reasons to make these changes are:

**Strategies:** I will use these strategies to help me make the change:

**People:** These people can help me to do this (names and what they can do to help):

**Signs of success:** What will it look like and how will I know my plan is working:

**Possible roadblocks**

Some things that might interfere… and how I will handle these:

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