

Substance Use Behavior Change Action Plan

Once you've chosen a goal, the most important next step is to make a detailed plan for reaching it. Take your time and think carefully about your plan. Use the back for more space if needed.

My goal

- I will cut down on using _____. I'll use no more than _____ per week.
(A clinician can help you set low-risk limits. For some substances, this isn't an option.)
- I want to quit. I'll start on this date: _____

My reasons

What are my reasons for making this change? Examples include reconnecting with family, feeling better, saving money, and being more productive.

- _____
- _____
- _____

My strategies

What strategies can help me stay on track? Examples include avoiding people and places where I use, tracking use on a chart, having a friend or family member help me, and attending support groups.

- _____
- _____
- _____

The people who can help

Who can I call when I need help? Friends, family, someone else?

- Name: _____ Phone: _____
- Name: _____ Phone: _____
- Name: _____ Phone: _____
- How can they help? _____

Roadblocks

What are some possible roadblocks?

How could you overcome them?

- | | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Signs of success

How will I know my plan is working? Examples include obvious things like not using the substance, but can also include other signs like improved relationships with your family and being able to get to work on time.

- _____
- _____
- _____

