

Goal Setting and Change Plan (Example)

My problem substances are:

This includes a list of substances that cause you problems.

My goal for changing my substance use is:

This includes the exact changes you plan to make. For example, if abstinence is not your immediate goal, by how much will you reduce your use? Be specific about amounts and plans. Here are two examples from other clients:

"My problem substances are alcohol and marijuana. I plan to quit using both of these substances and to remain abstinent."

"My problem substances are alcohol and marijuana. I plan to reduce my alcohol use so that I drink only three drinks a day on the weekend and do not drink during the week. I do not plan to change my marijuana use."

What steps I plan to take:

Be as specific as possible about the actions you will take to reach your goal. For example:

"I will stay away from my friends who use and I will avoid bars."

"I will plan healthy activities, such as exercising, to combat boredom and help me cope with urges to use."

What can get in the way:

Think about any barriers you might encounter as you work toward your goal. For example:

"I might be lonely or bored and want to spend time with old friends."

"My cousin might try to talk me into using because he thinks that's how we can have a good time."

People who can help me:

List people (or groups of people) who can help you as you work toward your goals. For example:

Other group members

AA friends

Larry and Sue