

Preparing For Change Worksheet

Name: _____

Date: _____

List a short-term goal related to your substance use. This is a goal that you can achieve within the duration of the program. Then answer the related questions below.

- Examples:
- Remain substance-free for _____ weeks
 - Develop _____ skills for managing high-risk situations
 - Increase support people for my change
 - Learn _____ strategies for managing cravings

Short-Term Goal: _____

What are the potential barriers to your success? _____

What would happen if you do not meet your goal? _____

What are the benefits of meeting your goal? _____

What will help you be successful with your goal (personal characteristics or abilities)? _____

Who will help you with your goal? _____

What will you do before our next session to work towards your goal? _____
