



Change Plans: Making a written “change plan” will help clients identify and stick with drinking goals.

Writing a Change Plan

Goal (pick one):

___ I want to drink no more than ___ drink(s) per day and no more than ___ drink(s) per week.
(See “What Is Moderate Drinking?” in Chapter 8 before filling out.)

___ I want to stop drinking.

I will begin following my plan on this date: _____.

My most important reasons for changing my drinking are: _____

The situations where I may be most tempted to drink are: _____

Some things I will do and say to handle these situations are: _____

The people who can help me stick to my goal, and the ways they can help, are: _____

Adapted from material in the public domain.¹⁵⁰⁹