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.

• ...................................................................................................................
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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.

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

• Name: ___________________________ Phone: ___________________________
• 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.

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