

What is it that you want to change. What is the goal you are hoping to reach by coming to therapy? Reaching this goal is going to require a plan. Using this outline, summarize the key points of your plan for change.

What is it I want to change? _____

What is my goal? _____

Main reasons to change _____

Reasons not to make the change _____

What are my triggers to the thoughts or behaviors I want to change? _____

What people, places, things reinforce the problem? _____

Negative consequences of the problem that I tend to forget _____

Who is on my side in making the change (my team)? _____

What is the healthy opposite of the problem? (ex.isolating--answering the phone, being around family/friends)_____

What lessons have I learned from previous attempts to change this problem?_____

Inspiring words, movies, podcasts, music, books or experts to refer to over the first week or so_____

Start Date_____