

My Plan for Change

Directions: Fill out the following worksheet with your plan for how to handle specific situations that may challenge your drinking goals. Include what the situation is (e.g., party, stressful day at work, home alone), your goal (e.g., # of drinks/night), the potential triggers that challenge your goal (e.g., social pressure, certain types of alcohol) and your plan for handling the situation and triggers (e.g., telling your friends, “I’m going to stick to water for now”). When setting your drinking goals, be sure to choose ones that are SMART: Specific, Measurable, Attainable, Relevant, and Time-based. Keep this worksheet with you in your wallet or pocket to use in challenging situations.

Situations:

Goals:

Barriers to meeting goals:

Plan (include strategies, what to say, what to do, etc.)

