



MY COMMITMENT TO CHANGE *

This is “your plan.” The most important words on this page are I, me, and my. Do not allow yourself to begin to view these things as something that is being forced upon you. Write the things that are important to you and the things you believe will be effective. As you learn more about yourself and through this study, you can modify your plan. But, at this stage, be sure that you are fully embracing this as *what you want for your future*.

You are ready to commit when you believe the freedom you’ll gain is greater than the bondage you’ll lose.

“The treatment for addiction is to want something better than your addictions (p. 3)... Hope is the conviction that the battle is worth it (p. 92).” Ed Welch in *Crossroads: A Step-by-Step Guide Away from Addiction*

“Human behavior change requires significant effort... The reasons in favor of change need to be important and substantive enough to move the individual into deciding to make the effort to change (p. 28).” Carlo DiClemente in *Addictions and Change*

The changes I want to make are:

The most important reasons I want to make these changes are:

The steps I plan to take in changing are:

The ways other people can help me are:

Person’s Name	Ways They Can Help

I know that my plan is working if:

Some things that could interfere with my plan are:

I am hopeful these consequences or results will come out of my recovery change plan: