

## My Action Plan to Change for Good

1. What do I want to change that I've been ignoring. I know I should change, but I'm not the one with the problem.

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2. Okay, so there's something I need to change. What information can I search for to learn more about the problem- the disadvantages of the current unwanted behavior and the benefits of changing?

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3. What options do I have for making a change? How have other people made the change and which methods do I like for myself?

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4. When will I start the change? And what is my action plan?

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5. How will I prepare for relapse? What action will I take if relapse occurs?

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**6. Reward myself for the change!**