

## Change Plan Worksheet Example

### **The changes I want to make are:**

1. Stop using abusive behaviors
2. Develop a healthy relationship
3. Take better care of my kids
4. Stop using drugs and alcohol

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

1. Get out of trouble with probation
2. Take better care of my health
3. Give my kids a better chance
4. Avoid more charges and/or dirty UAs
5. Reduce stress levels
6. Happy within current/future relationships and myself

### **The steps I plan to take in changing are:**

1. Compliant with terms and conditions of probation (PO)
2. Spend time each day focusing on my children/relationship
3. Attend and participate in DV treatment
4. Comply with protection order (P/O)
5. Acknowledge and identify controlling and abusive behaviors
6. Practice respect and empathy for others

### **The ways other people can help me are:**

1. My P.O. can encourage me
2. My counselor, family, friends and PO can help hold me accountable for my actions
3. My group can help me talk about my difficulties with change
4. My partner can be involved in applying what I learned in group at home

### **I will know that my plan is working if:**

1. I am not displaying controlling or abusive behaviors
2. I will attend DV group consistently (on time, attentive and participating)
3. I am not abusing substances
4. I am meeting the Core Competencies outlined by the CO DVOMB
5. I am implementing what I am learning in group in my personal relationships and everyday life

### **Some things that could interfere with my plan are:**

1. If I pick up new charges (DV or otherwise)
2. If I use drugs or alcohol
3. If I don't stay employed or lack of motivation to find employment
4. If I quit treatment.
5. If I continue with abusive behavior and don't hold myself accountable
6. Non-compliance with treatment and/or excessive absences from treatment

### **What I will do if the plan isn't working:**

1. Be honest with my counselor and my group and ask for help.
2. Update treatment plan and Personal Change Plan to better address my needs
3. Tell my PO/counselor I need residential treatment or additional treatment if substance abuse is an issue.
4. Refuse to let myself feel like a failure