

Name: _____ Date: _____

WEEKLY PLANNING FORM

Initiation of Change

STRATEGIES FOR STARTING TO MAKE CHANGES TO YOUR SUBSTANCE USE

The early weeks of changing your substance use can be a hard time, but there are some things you can do to make it a little easier. Research has shown that starting to make changes is easier and more effective when you use some of the following powerful strategies:

- Avoid risky places and stay away from people who use substances.
- Call a friend, a family member or an AA or NA sponsor to ask for help and support.
- Ask yourself: “What will I lose if I use?” “What will I gain by not using?”
- If possible, consider living in a supportive place (a treatment centre or a hospital) during the first couple of weeks of changing your substance use.
- Ask your doctor about medications that can help with cravings to use substances.
- Make a commitment to yourself by setting a substance use goal.
- Figure out what situations are going to be risky for you this week.
- Do something nice for yourself. For example, eat a favourite meal or make a point of doing something you really enjoy.

Now fill out the form on the following page to help you think about what you would like to accomplish in the coming week, and how you will do so.

INITIATION OF CHANGE PLAN FOR THIS WEEK

Below is some space for you to think about what you would like to accomplish in the coming week, and how you will do so.

My goal: _____

My level of confidence that I will achieve this goal:

- 0% 20% 40% 60% 80% 100%

Substance Use Trigger

Plans for Coping

What is my substance use trigger for this week?
(E.g., meeting a friend who uses drugs)

How can I cope with this trigger?

- Avoid the situation.
- Go to a self-help group.
- Call a friend, family member or sponsor.
- Remind myself of what will happen if I use.
- Other things I can do to cope:

Where might this happen?

What time of the day or night?

What will I be doing, thinking and feeling?