

# Change Plan worksheet

## A plan for changing your drinking.

Set yourself a goal to achieve change. Whether your goal is to cut down on your drinking or stop completely. If you feel you would like to discuss making a plan with a professional please visit [drugs.ie](http://drugs.ie) for information on how to do so. Our **Goal Setting** section may also be helpful.

What is your goal?  
.....

When? .....

## Recognise difficult times or situations.

These are times when you're likely to have a drink you may otherwise not have had. Ask yourself how can I make sure that I'm not tempted, what can I do to stop myself? Identifying these times and planning how to deal with them will help you achieve your goal.

These situations could be in the company of particular people with whom you normally drink, when you're bored or lonely or a "time of day" habit- on the way home from work or when the children go to bed, a Friday night routine.

Time 1  
.....

Time 2  
.....

Time 3  
.....

## Prepare for difficult times or situations.

Prepare for difficult times or situations- think of ways for coping with these situations. e.g. change your route home from work to by-pass the pub you normally drink in. Plan some activity for times when you're going to feel bored or lonely. Switch to non-alcoholic drinks after 2 drinks.

Time 1  
.....

Time 2  
.....

Time 3  
.....

## Find someone to support you: Is there a family member/friend who might help?

Who will support you? Regardless of whether you wish to abstain from or reduce your alcohol consumption, the help of other people is important. One of the strongest predictors of changing a drinking pattern is the availability and use made of support from people who want you to succeed. Your support network can be made up of family, friends and/or professional services.

Supports .....

Remember, nobody's perfect, stick to your goals and if you don't succeed at first, try again!