

Key sections in the action planning phase:

The most important reasons why I want to change are:

My main goal for myself in making this change are:

I plan to do these things in order to accomplish my goals;

SPECIFIC ACTION

WHEN?

Other people could help me with change in these ways;

PERSON

POSSIBLE WAYS TO HELP

These are some possible obstacles to change, and how I could handle them;

POSSIBLE OBSTACLE TO CHANGE

HOW TO RESPOND

I know that my plan is working when I see these results;

4. Eliciting Commitment

"Is this what you want to do?"

If the response is "I guess so", or "I'll think about it", there is still some work to do.

Explore ambivalence in this case using phase 1 skills.