

Creating Change Worksheet for Recovery Education Discussion

1. What does change mean to you?

2. How can you create change?

3. Write one or more things about yourself or your life that you want to change.
This could include bad habits or an unhealthy lifestyle.

4. What would be better for you if you changed it?

5. What would seem better for you if you didn't change it?

6. What is a fear you have about making that change? How can you prepare for that?
 - Write a specific, realistic, measurable goal that you are willing to work on.

 - How can I think positively? _____
 - How can I take control? _____
 - How can I find help and support? _____

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Links/Resources:

“The Times They are a Changing” song by Bob Dylan

https://www.youtube.com/watch?v=90WD_at6eE

Discussion Guide: Ways to Create Change can be found at

<https://healthvista.net/health-resources/recovery-resources/>

The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety (4:28 min) at

<https://www.youtube.com/watch?v=30VMIEmA114>

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<https://healthvista.net/health-resources/recovery-resources/>

Watch video: How to Use Chain Analysis to Stop Substance Abuse. Watch to 3:18

min. <https://www.youtube.com/watch?v=5ULDNIkz8Z8>

A Story of Change can be found at <https://healthvista.net/health-resources/recovery-resources/>

Coping and Relaxation Workbook is available free online (to be printed yourself)

at <https://7nsf19.p3cdn1.secureserver.net/wp-content/uploads/2015/11/CopingandRelaxationWorkbook.pdf> or there are some copies at the Coulee Recovery Center.

Watch video Reducing Stress through Deep Breathing (1 of 3) (2:59 min) at

<https://youtu.be/Wemm-i6Xhr8>

Listen to “Change Me” video by Ryan Long (4:52 min).

<https://www.youtube.com/watch?v=x9vOXWbc1uk>

Listen to “Different” music video by Micah Tyler 5.03 min. at

<https://youtu.be/xUT4trsrBCw>