

Online Supplement to  
**FINDING**  
*Your Way to*  
**CHANGE**

**How the Power of  
MOTIVATIONAL INTERVIEWING  
Can Reveal What You Want  
and Help You Get There**

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with Bonnie Gorscak, PhD

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# Chapter 1

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## The Story of My Ambivalence

Describe the issue that brought you to this book, thoughtfully and in detail.

For how long have you been dealing with it? What have you previously tried to do to make a decision, solve the problem, or achieve some form of change? How have your thoughts, feelings, wishes, and fears related to the issue changed over time?

What's the argument you've been having with yourself in the present? What are these different voices saying now? What have you been telling yourself recently about what you want and don't want, hope for and fear, should do and shouldn't do?

Who are the people involved in or affected by the situation or problem? What have they been telling you about what they want you to do or what they think the best decision is? How do you feel about what each of these people has been saying to you or about what you believe they think you ought to do?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompts above. It occupies the central portion of the page.



.....

## My Ambivalence and Theirs

Did you notice similarities between the nature of your ambivalence or your levels of importance and confidence and those of Alec, Barbara, Colin, Dana, or Ellie? Did the thoughts, feelings, or situation of one of them resonate especially strongly with you? If so:

In what ways do I identify with that person?

What might I be able to learn so far from the story of his or her ambivalence or his or her responses to the importance and confidence questions?

How is my situation unique?

# Chapter 2



---

## Imagine I Had to Decide Right Now

Imagine you have to make a decision right now about what you're going to do. No more hesitation, no more second thoughts. It's time for a definite, permanent decision, with an unswerving commitment to follow through and do whatever it takes to make it happen—no excuses, no doubts: full speed ahead.

What is your reaction as you read this? What do you feel? Think? Want to say?

.....

## Pressure from Others about My Dilemma

Who has pressured me and what have they done?

How has the pressure affected me?

.....

**For examples of completed versions of this form, see Chapter 2.**

.....

## Reflecting on the Impact of Pressure from Others

What stands out to me now about what I've just written about pressure from outside?



.....

**Examples of responses to this activity can be found in Chapter 2 (p. 46).**

.....

## Pressure on Myself in Other Areas

When have I pressured myself and how did I do it?

How has pressuring myself affected my behavior and how I feel about myself?

.....

**For examples of completed versions of this form, see Chapter 2.**

.....

## Reflecting on Pressure I Put on Myself in Other Areas of My Life

What stands out to me now about what I've just written about pressure from inside?



.....

**Examples of responses to this activity can be found in Chapter 2 (p. 52).**

.....

## Pressure on Myself about My Dilemma

What have I done to pressure myself?

How has pressuring myself affected my behavior and how I feel about myself?


.....

**For examples of completed versions of this form, see Chapter 2.**

.....

## Reflecting on Pressure I Put on Myself about My Dilemma

What stands out to me now about what I've just written about pressure from inside?



.....

**Examples of responses to this activity can be found in Chapter 2 (pp. 56–57).**

# Chapter 3



.....

## What I'd Most Want to Hear from People Who Have Pressured Me

What would it sound like if, instead of putting pressure on me, the people in my life said exactly what I'd want them to say? If they knew how to help me feel really understood and accepted, what would they say?

.....

**For examples of completed versions of this form, see Chapter 3.**

.....

## What I'd Say to Help Someone in My Shoes Feel Accepted and Understood

What would I say to help a friend who was struggling with the same situation as I am struggling with feel deeply understood, trusted, and accepted?

.....

**For examples of completed versions of this form, see Chapter 3.**

.....

## Reflecting on Acceptance and Compassion Received and Given

What stood out for me when I reread aloud what I had written? What did I find interesting or surprising? What did it make me think or feel?



.....

**Examples of responses to this activity can be found in Chapter 3 (p. 69).**

---

## Reflecting on Giving Myself Acceptance

What do I notice when I reread the previous reflection about the way I thought and felt about myself when writing it? How successful was I in listening to myself with acceptance, understanding, compassion, and self-trust? Do I find criticism or self-blame, anger or frustration, impatience or demands to decide, change, or act in what I've just written? Can I reflect now with acceptance and compassion to help take the pressure off?

---

**Examples of responses to this activity can be found in Chapter 3 (pp. 70–71).**

## Positive Qualities You Might Possess

Read through the list and check each word that names a quality you possess in some way. There's no "right" or "wrong" number, so don't worry if you're checking too many or too few. Add any qualities not listed below in the blanks at the bottom.

Accepting	Decisive	Happy	Playful	Stable
Active	Dedicated	Hardworking	Polite	Steadfast
Adaptable	Deep	Healthy	Positive	Steady
Adventuresome	Determined	Helpful	Powerful	Straightforward
Affectionate	Devoted	Honest	Practical	Streetwise
Ambitious	Discerning	Humble	Prayerful	Strong
Appreciative	Disciplined	Imaginative	Private	Stubborn
Articulate	Doer	Innocent	Prompt	Stylish
Artistic	Down-to-earth	Insightful	Protective	Supportive
Assertive	Driven	Inspiring	Questioning	Sweet
Astute	Eager	Intelligent	Quick	Sympathetic
Athletic	Earnest	Interesting	Quiet	Tactful
Attentive	Easygoing	Introspective	Realistic	Tasteful
Attractive	Efficient	Kind	Reasonable	Thorough
Bold	Empathic	Lively	Receptive	Thoughtful
Brave	Encouraging	Lovable	Reliable	Tough
Bright	Energetic	Loving	Religious	Traditional
Calm	Entertaining	Loyal	Resourceful	Trusting
Capable	Ethical	Mature	Respectful	Trustworthy
Careful	Expressive	Meticulous	Responsible	Unconventional
Caring	Faithful	Modest	Savvy	Understanding
Charming	Flexible	Neat	Seductive	Upbeat
Cheerful	Focused	Nice	Self-aware	Virile
Classy	Forgiving	Nonmaterialistic	Selfless	Visionary
Clever	Friendly	Nurturing	Self-sufficient	Vivacious
Committed	Fun-loving	Open	Sensible	Warm
Compassionate	Funny	Optimistic	Sensitive	Welcoming
Confident	Generous	Organized	Sentimental	Well-read
Considerate	Gentle	Outgoing	Serene	Wise
Creative	Gracious	Passionate	Sincere	Witty
Curious	Grateful	Patient	Solid	Worldly
Cute	Grounded	Perceptive	Spiritual	Zestful
Daring	Handy	Persistent	Spontaneous	

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.....

## Reflecting on Choosing My Positive Qualities

What did I notice as I selected my positive qualities?

.....

**Examples of responses to this activity can be found in Chapter 3 (p. 74).**

.....

## The Positive Qualities That Are Most Characteristic of Me

My three most characteristic qualities:

What they mean to me and why I chose them:

.....

**For examples of completed versions of this form, see Chapter 3.**

.....

## When Two of My Positive Qualities Showed Themselves

Select two of your three most characteristic qualities and recall a time when each of them showed itself especially clearly. What was the situation? How did the characteristic show itself?

**Characteristic:**

**Characteristic:**

.....


**For examples of completed versions of this form, see Chapter 3.**



.....

## Reflecting on My Most Characteristic Positive Qualities

What feelings am I having now that I've reflected on my positive qualities? How do I see myself right now?



.....

**Examples of responses to this activity can be found in Chapter 3 (pp. 80–81).**

# First Interlude



# Chapter 4

.....

## Why Did I Choose That Number Rather Than a Lower One?

Why did I choose my number for the importance of change and not a lower number? (If I chose 2, why didn't I choose 0? If I chose 5, why not 1 or 2? If I chose 8, why not just 3 or 4?) What makes the change I'm considering as important as it is to me right now?

**Importance =**

Mark all the instances of change talk (expressions of self-confidence or beliefs that you can succeed) and sustain talk (expressions of self-doubt or fear that you will fail) in your response above. If you're not sure whether something is change or sustain talk, leave it unmarked; if it might be both, mark it as both. You can highlight the two kinds of talk in different colors, circle change talk and underline sustain talk, swipe the text and **bold** (CTRL+B) change talk and underline (CTRL+U) sustain talk, or put <angle brackets> around change talk and [square brackets] around sustain talk.

.....

**For examples of completed versions of this form, see Chapter 4.**

.....

## Reasons for Keeping Things the Same *(page 1 of 6)*

Please write one of the instances of sustain talk from your previous response at the top of each page.

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

*(continued)*

**For examples of completed versions of this form, see Chapter 4.**

.....

**Reasons for Keeping Things the Same** (page 2 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)

.....

**Reasons for Keeping Things the Same** (page 3 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)



.....

**Reasons for Keeping Things the Same** (page 4 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)

.....

**Reasons for Keeping Things the Same** (page 5 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)

.....

**Reasons for Keeping Things the Same** (page 6 of 6)

[Empty rectangular box for writing]

What did I mean by this? How can I describe it more fully?

[Large empty rectangular box for writing]

What makes this reason important to me? What would happen if I disregarded it?

[Large empty rectangular box for writing]

.....

**If you need more space, you can print additional copies or write in your journal.**

.....

## More Reasons for Keeping Things the Same

What else makes not changing right for me? What else is good about the status quo?

What other disadvantages would there be? What else am I afraid of having to give up?

.....

**For an example of a completed version of this form, see Chapter 4.**

.....

## Reflecting on the Importance of Keeping Things the Same

Now that I have reread all of my reasons for keeping things the same, where does this leave me? How do I feel about keeping things the same?

Please highlight any instances of change talk in the reflection above and add them to your list.

.....

**An example of a response to this activity can be found in Chapter 4 (p. 102).**

.....

## Reasons for Change *(page 1 of 6)*

Please write one of the instances of change talk from your response at the beginning of Chapter 4 at the top of each page.

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

*(continued)*

**For examples of completed versions of this form, see Chapter 4.**

.....

**Reasons for Change** (page 2 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)

.....

**Reasons for Change** (page 3 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)



.....

**Reasons for Change** (page 4 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)

.....

**Reasons for Change** (page 5 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

(continued)

.....

**Reasons for Change** (page 6 of 6)

What did I mean by this? How can I describe it more fully?

What makes this reason important to me? What would happen if I disregarded it?

.....

**If you need more space, you can print additional copies or write in your journal.**

.....

## More Reasons for Change

After rereading everything I wrote in response to the last activity out loud and listening to myself as I did:

What else makes changing right for me? What other advantages might there be?

What else concerns me about the status quo? What other disadvantages would there be to keeping it?

.....

**For examples of completed versions of this form, see Chapter 4.**

---

## Reflecting on the Importance of Change

Now that I have reread my initial response to the question of why I chose the number I did for importance, as well as my further elaborations (and my responses to the questions in the section exploring the importance of maintaining the status quo, if I completed that section), how do I feel now about making a change?

---

**Examples of responses to this activity can be found in Chapter 4 (pp. 114–115).**



# Chapter 5

.....

## Why Did I Choose That Number Rather Than a Lower One?

Why did I choose my number for my confidence for change and not a lower number? (If I chose 2, why didn't I choose 0? If I chose 5, why not 1 or 2? If I chose 8, why not just 3 or 4?) What makes me as confident as I am right now that I could carry out my decision if I knew the right choice for me?

Why else did I choose that number?

**Confidence =**

Mark all the instances of change talk (expressions of self-confidence or beliefs that you can succeed) and sustain talk (expressions of self-doubt or fear that you will fail) in your response above. If you're not sure whether something is change or sustain talk, leave it unmarked; if it might be both, mark it as both. You can highlight the two kinds of talk in different colors, circle change talk and underline sustain talk, swipe the text and **bold** (CTRL+B) change talk and underline (CTRL+U) sustain talk, or put <angle brackets> around change talk and [square brackets] around sustain talk.

.....

**For examples of completed versions of this form, see Chapter 5.**



.....

## Why Haven't I Given Up?

What has given me the strength to keep on trying in the face of what might seem like overwhelming odds?

Please mark any instances of change talk (expressions of self-confidence or beliefs that you can succeed) in your response above.

.....

**For an example of a completed version of this form, see Chapter 5.**

.....

## My Ability to Change *(page 1 of 6)*

Please write one of the instances of change talk from your response at the beginning of this chapter at the top of each page (and any instances of change talk in your response to the activity “Why Haven’t I Given Up?” if you completed it).

What did I mean by this? How can I describe it more fully?

What does this say about my ability to accomplish a difficult change?

*(continued)*

**For examples of completed versions of this form, see Chapter 5.**

.....

**My Ability to Change** (page 2 of 6)

What did I mean by this? How can I describe it more fully?

What does this say about my ability to accomplish a difficult change?

(continued)

.....

**My Ability to Change** (page 3 of 6)

What did I mean by this? How can I describe it more fully?

What does this say about my ability to accomplish a difficult change?

(continued)

.....

**My Ability to Change** (page 4 of 6)

What did I mean by this? How can I describe it more fully?

What does this say about my ability to accomplish a difficult change?

(continued)

.....

**My Ability to Change** (page 5 of 6)

What did I mean by this? How can I describe it more fully?

What does this say about my ability to accomplish a difficult change?

(continued)

.....

**My Ability to Change** (page 6 of 6)

What did I mean by this? How can I describe it more fully?

What does this say about my ability to accomplish a difficult change?

.....

**If you need more space, you can print additional copies or write in your journal.**

.....

## A Difficult Challenge I Overcame

The challenge I overcame was:

What contributed most to my success? What strengths or qualities made it possible?

How could those strengths or qualities apply to the dilemma I am facing now? How could I use them in my current situation?

.....

**For examples of completed versions of this form, see Chapter 5.**



.....

## Confidence for Chapter 5

Now that I have reread my initial response to the question of why I chose the number I did for confidence and my further elaborations as well as my recollections of the difficult challenge I overcame (and my response to the question of why I haven't given up, if I completed that section), how do I feel now about making a change?

How **confident** am I *right now* that I would be able to make that change?

0	1	2	3	4	5	6	7	8	9	10	
Not at all					Moderately					Extremely	

Why did I choose that number?

.....

**For examples of completed versions of this form, see Chapter 5.**

.....

## What Would I Need to Feel More Confident?

What would make a difference in how capable I feel of succeeding at what I choose to do? (If I'm at a 2, what would help me move up to 4 or 5? If I'm at a 4, what would help me move up to 6 or 7? If I'm at a 7, what would help me reach 8 or 9?)

**Confidence =**

.....

**For examples of completed versions of this form, see Chapter 5.**

# Chapter 6

.....

## My Personal Values (page 1 of 2)

Check each word that names a value that is important to you. Choose only those that genuinely matter to you and not what you or others think you *should* value (but don't). There's no "right" or "wrong" number, so don't worry if you're choosing too many or too few. Use the blanks at the bottom to add any values you hold that aren't listed.

<b>Acceptance</b> to be accepted as I am	<b>Achievement</b> to have important accomplishments	<b>Admiration</b> to be looked up to and held in high regard	<b>Adventure</b> to have new and exciting experiences
<b>Attractiveness</b> to be physically attractive	<b>Authenticity</b> to be true to who I am	<b>Authority</b> to be in charge of and responsible for others	<b>Autonomy</b> to determine my own actions
<b>Beauty</b> to appreciate beauty around me	<b>Belonging</b> to feel like a part of something	<b>Caring</b> to take care of others	<b>Challenge</b> to take on difficult tasks and problems
<b>Comfort</b> to have a pleasant and comfortable life	<b>Commitment</b> to devote myself to something and stick with it	<b>Compassion</b> to feel and act on concern for others	<b>Confidence</b> to feel sure of myself and know I can succeed
<b>Contribution</b> to add something to the world	<b>Cooperation</b> to work well together with others	<b>Creativity</b> to have original ideas and create new things	<b>Dependability</b> to be reliable and trustworthy
<b>Duty</b> to carry out my duties and obligations	<b>Ecology</b> to take care of the environment	<b>Excitement</b> to have a life full of thrills and stimulation	<b>Fame</b> to be known and recognized
<b>Family</b> to have a happy, loving family	<b>Fitness</b> to be physically fit and strong	<b>Forgiveness</b> to forgive and be forgiven	<b>Friendship</b> to have close, supportive friends
<b>Fun</b> to play and have fun	<b>Generosity</b> to give what I have to others	<b>God's Will</b> to seek and obey the will of God	<b>Growth</b> to keep changing and growing
<b>Health</b> to be physically well and healthy	<b>Helpfulness</b> to be helpful to others	<b>Honesty</b> to be honest and truthful	<b>Hope</b> to keep a positive and optimistic outlook

(continued)

Adapted from Miller, W. R., C'de Baca, J., Matthews, D. B., & Wilbourne, P. L. (2001). *Personal values card sort*. Albuquerque: University of New Mexico. Reprinted by permission. Available at <http://casaa.unm.edu/inst/Personal%20Values%20Card%20Sort.pdf>.

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.....

## My Personal Values *(page 2 of 2)*

<b>Humility</b> to be modest and humble	<b>Humor</b> to see the funny side of life	<b>Independence</b> to be free from dependence on others	<b>Inner Peace</b> to have personal peace
<b>Justice</b> to promote fair and equal treatment for all	<b>Knowledge</b> to learn and add to valuable knowledge	<b>Leisure</b> to have time and take time to relax	<b>Love</b> to give and receive love
<b>Loyalty</b> to be loyal and trustworthy	<b>Moderation</b> to avoid excesses and find a middle ground	<b>Nonconformity</b> to question and challenge authority and norms	<b>Openness</b> to be open to new things and experiences
<b>Order</b> to have a well-ordered and organized life	<b>Passion</b> to feel strongly and live with intensity	<b>Pleasure</b> to enjoy feeling good	<b>Popularity</b> to be well liked by many people
<b>Power</b> to control others and enforce my will	<b>Purpose</b> to have meaning and direction in my life	<b>Rationality</b> to be guided by reason and logic	<b>Respect</b> to be treated as a person of worth
<b>Responsibility</b> to make and carry out responsible decisions	<b>Risk</b> to take risks and chances	<b>Romance</b> to have intense, exciting love in my life	<b>Safety</b> to be safe and secure
<b>Self-Acceptance</b> to accept myself as I am	<b>Self-Discipline</b> to be disciplined in my own actions	<b>Self-Esteem</b> to feel good about myself	<b>Self-Knowledge</b> to have a deep, honest understanding of myself
<b>Selflessness</b> to think of others before myself	<b>Sexuality</b> to have an active and satisfying sex life	<b>Simplicity</b> to live simply, with the fewest needs	<b>Skill</b> to be skilled and masterful
<b>Solitude</b> to have time and space to be apart from others	<b>Spirituality</b> to live and grow spiritually	<b>Stability</b> to have a life that stays consistent	<b>Tolerance</b> to accept and respect those who differ from me
<b>Tradition</b> to follow respected patterns of the past	<b>Virtue</b> to live a morally pure life	<b>Wealth</b> to have plenty of money	<b>Work</b> to work hard and well at my life tasks

.....

## The Values That Matter Most To Me *(page 1 of 2)*

Which three values are the most important to me?

**Value:**

How do I define this value?

What makes this value so important to me?

**Value:**

How do I define this value?

What makes this value so important to me?

**Value:**

How do I define this value?

What makes this value so important to me?

**For examples of completed versions of this form, see Chapter 6.**

.....

## The Values That Matter Most To Me *(page 2 of 2)*

If you could not narrow down your most important values to just 3, please use this page to write about the other values you chose as most important to you.

**Value:**

How do I define this value?

What makes this value so important to me?

**Value:**

How do I define this value?

What makes this value so important to me?

**Value:**

How do I define this value?

What makes this value so important to me?

.....

## How Am I Already Living Out the Values That Matter Most to Me?

How would someone who was observing me as I go about my life know that these are my values?

Values:

.....

**For examples of completed versions of this form, see Chapter 6.**



.....

## How Would I Like to Be Living Out My Core Values More Fully?

How is my current behavior or situation keeping me from doing that?

Is there a conflict between my values that might be keeping me stuck?

**Values:**

.....

**For examples of completed versions of this form, see Chapter 6.**

.....

## What Changes Would I Have to Make to Live Out My Values More Fully?

What changes, if any, would I need to make in the behavior or situation I have been working on? What would I need or what might help me to live out those values more fully than I already am?

Values:

.....

**For examples of completed versions of this form, see Chapter 6.**

---

## Reflecting on My Values Exploration

Now that I have reread my responses to the first three activities in this chapter and read my response to the question “What Changes Would I Have to Make to Live Out My Values More Fully?” out loud, where does this leave me now?

Once you’ve written this reflection, please read *it* out loud as well.

---

**Examples of responses to this activity can be found in Chapter 6 (p. 160).**

# Second Interlude

.....

## A Look Back

How was I thinking about my situation when I began this book?

How do I see things now?

.....

**For examples of completed versions of this form, see the Second Interlude.**



---

## Imagining Change

How do I know I've succeeded? How is my life different? What am I doing, how am I feeling, and what do others notice about me? What is the best thing about having made this change? What would have been the worst thing about not having made it?

Please listen to yourself as you read what you just wrote aloud.

How does this affect how ready you feel to undertake change now?

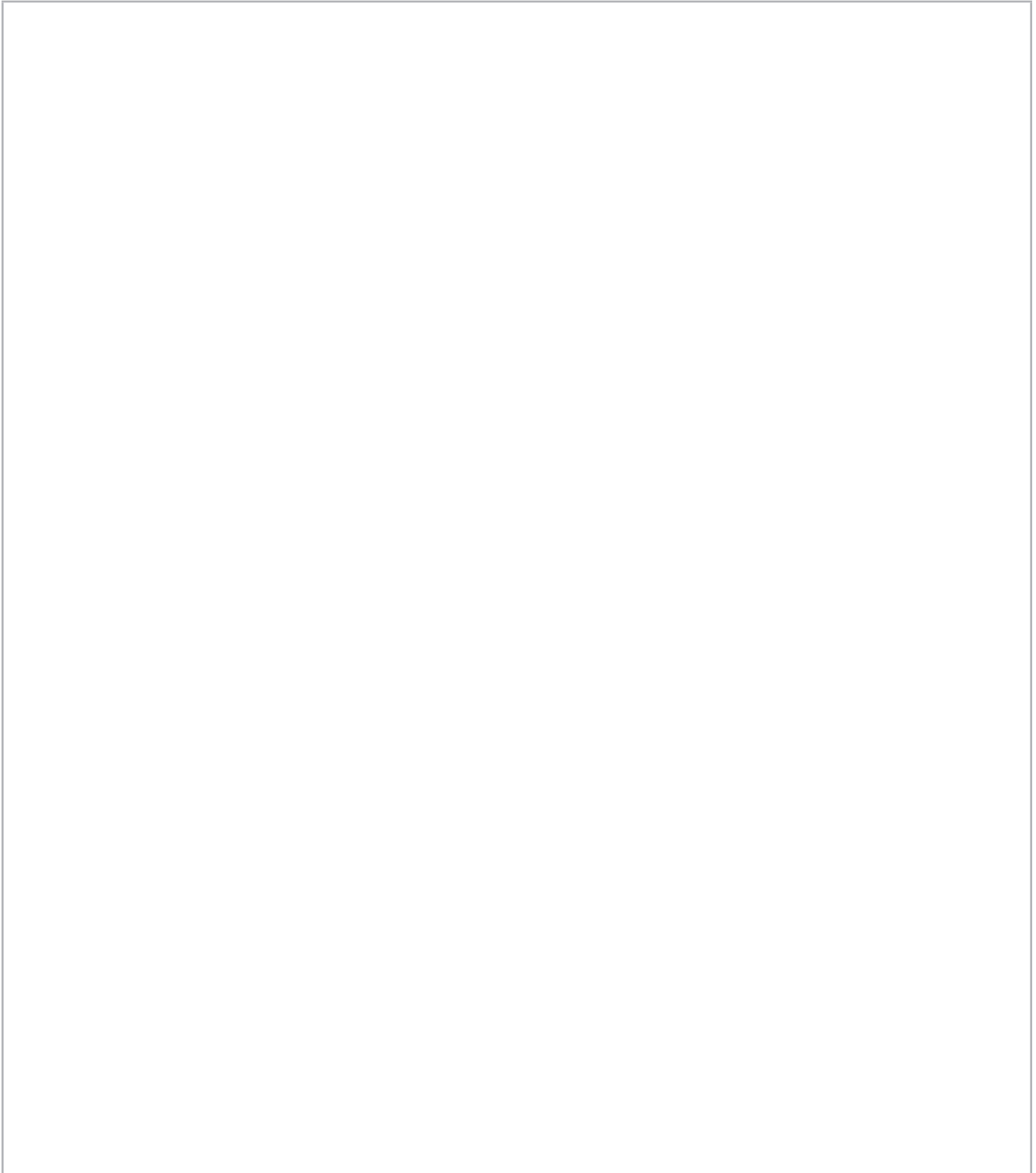
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**For an example of a completed version of this form, see the Second Interlude.**

.....

## What Might Change Cost Me?

If I let myself imagine working on change, what discomfort, if any, do I feel?



.....

**For an example of a completed version of this form, see the Second Interlude.**



.....

## The Need Being Met by the Status Quo

What need, if any, is what I am holding on to meeting?

Can I hold on to it and succeed at change? Could there be another way to meet that need?

.....

**For an example of a completed version of this form, see the Second Interlude.**



# Chapter 7

.....

**Personal Change Plan** (page 1 of 2)

**Goals for Change**

What changes do I want to make?

**Reasons for Change**

Why do I want to make these changes?

**Steps Toward Change**

What steps will I take to make these changes?

(continued)

**For examples of completed versions of this form, see Chapter 7.**

.....

**Personal Change Plan** (page 2 of 2)

**Supports for Change**

Whom can I call on for support?	How can they support me?

**Hurdles and Solutions**

What hurdles could arise?	What will I do to overcome them?

.....

**For examples of completed versions of this form, see Chapter 7.**

---

## What Do I Want My Life to Be Like?

Now that I have reread my response to the activity “The Values That Matter Most to Me,” what is my life like a few years from now if it’s exactly as I want it to be?

---

**For examples of completed versions of this form, see Chapter 7.**

.....

## What Have I Already Been Thinking about Doing?

What steps have I already been thinking about taking to accomplish each of my change goals?

.....

**For examples of completed versions of this form, see Chapter 7.**

.....

## Learning from Past Efforts to Make These Changes

A time in the past when I tried to make the change I'm working on now:

What helped me make the progress I was able to make?

What was I missing then that would have helped me go further?

.....

**For examples of completed versions of this form, see Chapter 7.**



.....

## How Can My Successes and Strengths Help Me with the Changes I Want to Make?

Now that I have reread my responses to the activities “A Difficult Challenge I Overcame,” “The Positive Qualities That Are Most Characteristic of Me,” and “When Two of My Positive Qualities Showed Themselves,” how can I capitalize on my strengths and past successes?

.....

**For examples of completed versions of this form, see Chapter 7.**

.....

## Brainstorming

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.....

**For examples of completed versions of this form, see Chapter 7.**

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## Looking Back from an Ideal Future

If my life a few years from now is exactly how I'd hope it would be, how did I get here? What did I have to accomplish? What steps did I take, and why did they work?

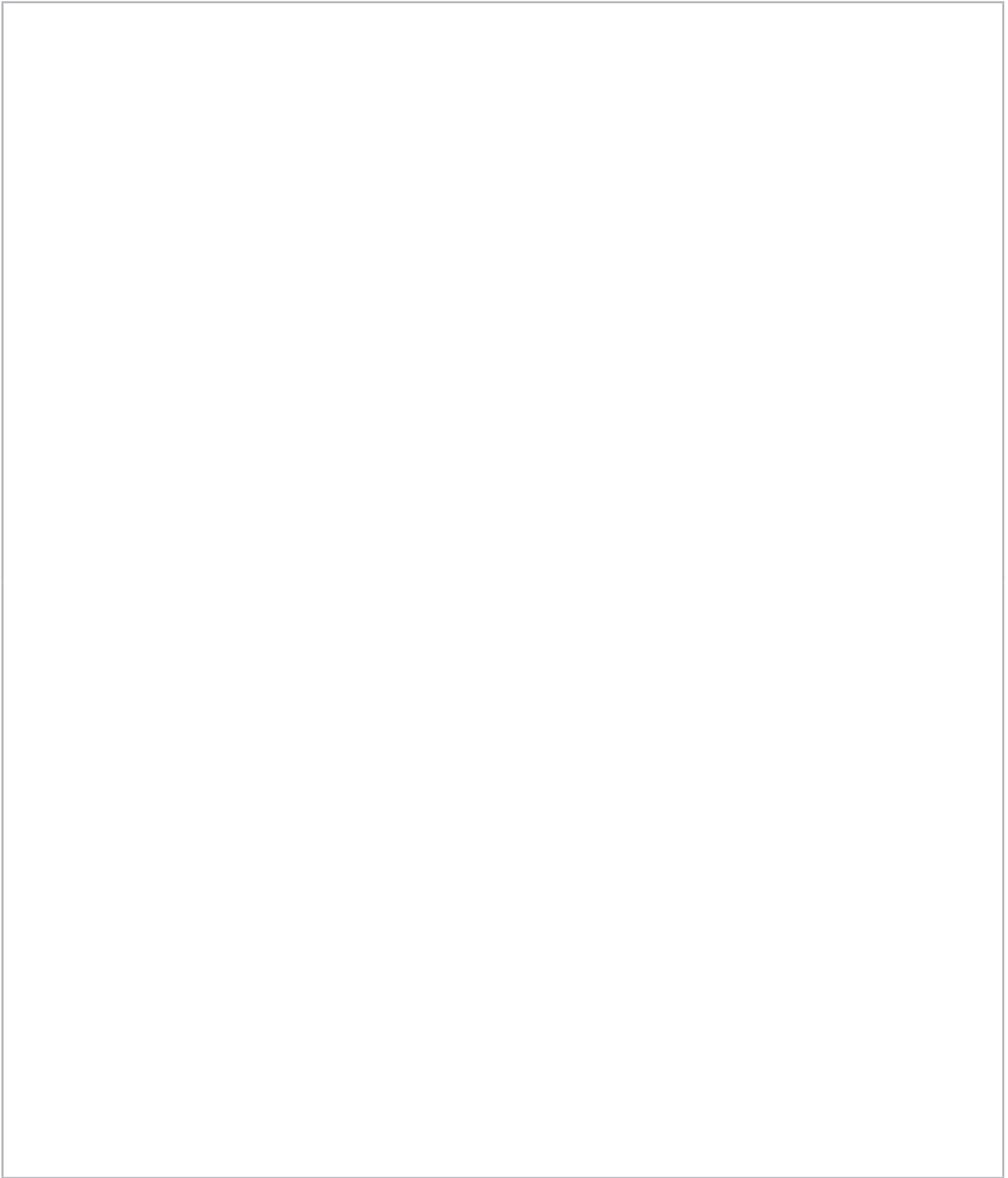
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**For examples of completed versions of this form, see Chapter 7.**

# Chapter 8

.....

## What Has Gone Well So Far?

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.....

**For examples of completed versions of this form, see Chapter 8.**

.....

## My Week of Self-Observation *(page 1 of 4)*

What were the circumstances? What was I doing?	How was I feeling at those times? What was I thinking at those times?

*(continued)*

**For examples of completed versions of this form, see Chapter 8.**

.....

**My Week of Self-Observation** (page 2 of 4)

What were the circumstances? What was I doing?	How was I feeling at those times? What was I thinking at those times?

(continued)

.....

**My Week of Self-Observation** (page 3 of 4)

What were the circumstances? What was I doing?	How was I feeling at those times? What was I thinking at those times?

(continued)



.....

**My Week of Self-Observation** (page 4 of 4)

What were the circumstances? What was I doing?	How was I feeling at those times? What was I thinking at those times?

.....

**Personal Change Plan Revised** (page 1 of 2)

**Goals for Change**

What changes do I want to make?

--

**Reasons for Change**

Why do I want to make these changes?

--

**Steps Toward Change**

What steps will I take to make these changes?

--

(continued)

**For examples of completed versions of this form, see Chapter 8.**

.....

**Personal Change Plan Revised** (page 2 of 2)

**Supports for Change**

Whom can I call on for support?	How can they support me?

**Hurdles and Solutions**

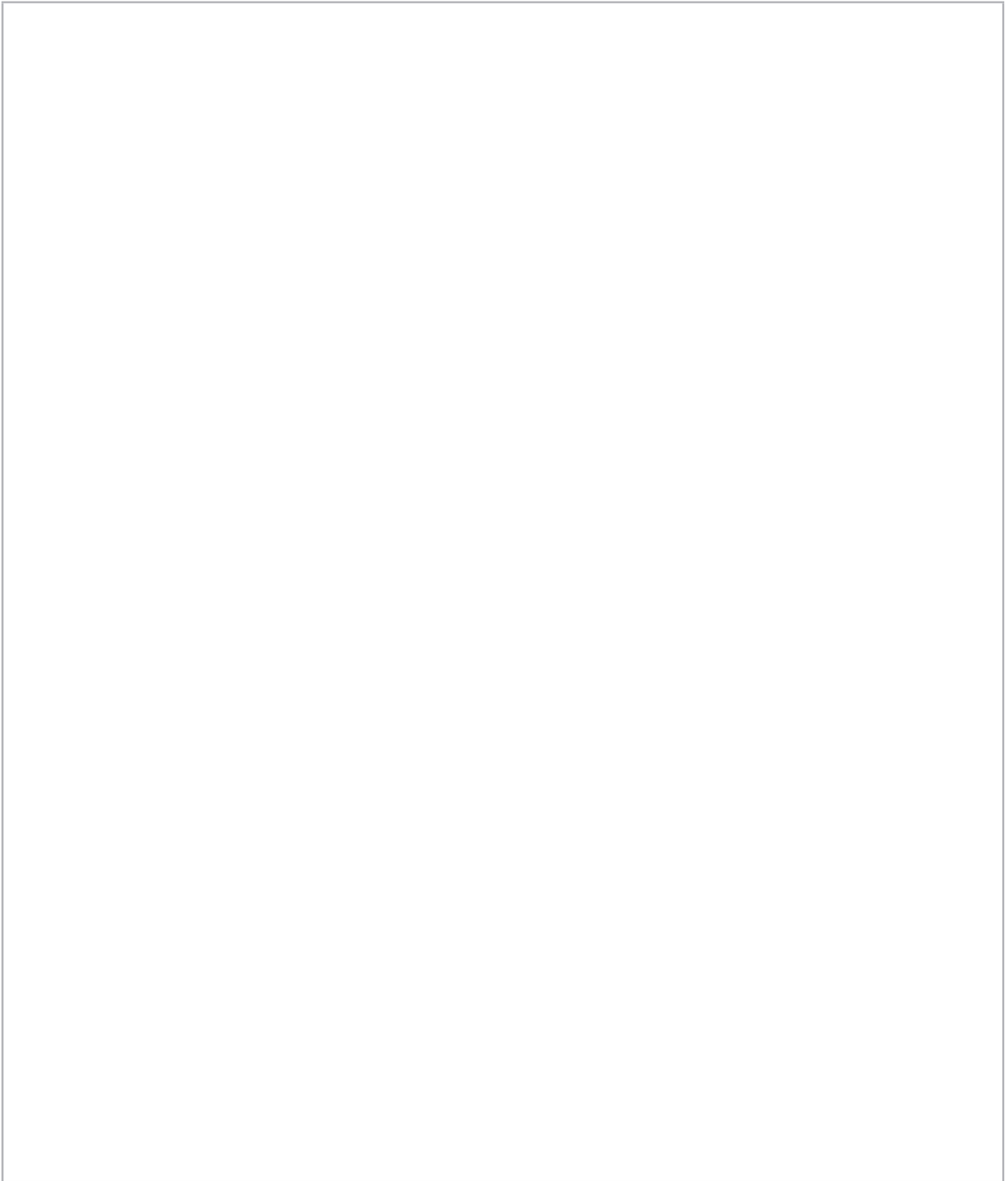
What hurdles could arise?	What will I do to overcome them?

.....

**For examples of completed versions of this form, see Chapter 8.**

.....

## How Will I Know That My Plan Is Working?

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.....

**For examples of completed versions of this form, see Chapter 8.**

# Chapter 9

.....

## The Best Compliment I Ever Received

Who gave me that compliment? What made it so memorable and so valuable to me? What did it tell me about myself that I didn't know or perhaps didn't appreciate until someone recognized it?

.....

**For examples of completed versions of this form, see Chapter 9.**

.....

## How Can I Reward Myself for My Continuing Efforts at Change?

What can I give myself that feels genuinely rewarding and that affirms my continuing efforts at change without making me feel controlled?

.....

**For examples of completed versions of this form, see Chapter 9.**

.....

## What Have I Learned from My Process of Change?

What do I know now that I didn't know before? What have I learned that I'd like to take with me?

.....

**For examples of completed versions of this form, see Chapter 9.**