Behaviour Change Plan and Goal Setting

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| **CLIENT** | **DATE** | **PRESENTING ISSUES** | **REPONSE PLAN** |
| (name) | (date of first visit) | (what they wish to change: behaviour, thoughts, old patterns) | (what steps need to be taken for change to occur) |

Using the SMART Goal Setting techniques (Specific, Measurable, Achievable, Realistic and Timeframe) develop a Behaviour Change Plan with the client to determine the “what, the where, they why and the how” of the behaviour they wish to change.

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| **THE GOAL** | **WHO WILL HELP ME?** | **WHAT DO I NEED?** | **HOW LONG WILL IT TAKE?** | **THE BARRIERS?** |
| (what small changes need to be made in order for the presenting issue to change) | (support networks) | (change environment, friends, recognise triggers, replace old with new behaviour) | (what is a realistic timeframe for smaller changes to occur.  what is a realistic timeframe for a change to presenting issue to occur.) | (what will get in the way  how to manage relapse  coping strategies  level of motivation) |
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