

Debra

Action Plan

My goal is ~~stop drinking~~

Date to finish	8-30-23
How will I measure my success?	weekly review my actions

Steps to Achieving my Goal

Description	Time Estimate	Completion date
enroll in recovery	1 wk	4-1-23
enroll in women's group	1 wk	4-10-23
TWMO counseling dept	2 wks	4-25-23
attend anger management	3 wks	4-30-23

Obstacles that may arise	How I will respond
Friends invite to drink - explain to friends unable to drink	
Temptation to drink	will contact accountability partner

Helpful Tools	Helpful Resources
check in daily w/ partner	attend TWMO Recovery
Fellowship w/ women	TWMO counseling dept
	attend TWMO anger management

SMART Goals

S	M	A	R	T
<p>Specific What am I going to do? Why is this important to me? Debbie suffers from Alcoholism For Debbie it is extremely important to overcome her alcoholism, she will</p>	<p>Measurable How will I measure my success? How will I know when I have achieved my goal? Debbie will have to measure her success daily if she does not drink daily she has achieved her goal daily</p>	<p>Attainable What will I do to achieve this goal? How will I accomplish this goal? Debbie will stay accountable to partner and onek in daily by phone</p>	<p>Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values? her goal is worthwhile, when she achieves the goal this will help keep her encouraged the goal fits her value because she struggles every day</p>	<p>Time-Bound When will I accomplish my goal? How long will I give myself? Debbie will give herself 6 months to accomplish her goal</p>

Debbie's lowest is a 1. when she was arrested for drunk driving. Her high is a 10 when she was able to attend a gathering without having a alcohol drink.