

BEHAVIOR CHANGE PLAN

DEVELOP A PLAN TO MAINTAIN BEHAVIOR CHANGE

My prevention or harm reduction option is:

I can take the following steps to try or continue doing my prevention or harm reduction option. (Your steps should be realistic, something you are able to do successfully.)

- 1.
- 2.
- 3.
- 4.
- 5.

I need support from the following people to try or continue doing my prevention or harm reduction option.

- 1.
- 2.
- 3.

I need the following skills, resources, or tools to try or continue doing my prevention or harm reduction option.

- 1.
- 2.
- 3.

The following are steps or actions I can take to overcome any barriers I encounter.

- 1.
- 2.
- 3.