

Antidote Home Self-Support Plan

Name _____

Date _____

The aim of this Home Self-Support Plan is to support you in making changes at home to your drug & alcohol use. The plan contains two parts, the first focusing on your overall goal and the changes you are going to make to achieve this. The second part is to help you review the impact of your changes, and to check if any adaptation is needed over 4 week. Over 4 weeks, we advise you to create a new plan since you may need to make different changes in order to continually support yourself over time. Please visit the Antidote section on the London Friend website for information about Harm Reduction advice, and specific chemsex information, advice & support.

PART 1

What is your overall goal in terms of your drug & alcohol use? (i.e. reduce, implement harm reduction advice, take a break)

Think of 5 changes you can make to support yourself with reaching this goal?

1.

2.

3.

4.

5.

Now list 3 things that might hinder you making these changes?

1.

2.

3.

With these 3 things in mind, what steps can you take to reduce their impact on your overall goal?

How confident do you feel in making reaching your overall goal?

1	2	3	4	5	6	7	8	9	10

Things to keep in mind to help you stick to your overall goal.

I have decided to cut down or have stopped my drug and alcohol use because...

The things that I value in my life which have been impacted by my drug & alcohol use are...

I will manage any triggers & cravings by...

The people or services I can turn to when things get tough are...

If I have a lapse, then I understand that I may need to make additional changes and instead could try...

- 1.
- 2.
- 3.

Part 2 - Week 1

Change 1

What was the first change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do make it more achievable?

Change 2

What was the second change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 3

What was the third change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 4

What was the fourth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 5

What was the fifth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Part 2 - Week 2

Change 1

What was the first change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do make it more achievable?

Change 2

What was the second change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 3

What was the third change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 4

What was the fourth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 5

What was the fifth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Part 2 - Week 3

Change 1

What was the first change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do make it more achievable?

Change 2

What was the second change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 3

What was the third change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 4

What was the fourth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 5

What was the fifth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Part 2 - Week 4

Change 1

What was the first change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do make it more achievable?

Change 2

What was the second change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 3

What was the third change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 4

What was the fourth change you made to support your overall goal?

How successful were you in making this goal?

Is this a change that you would benefit from continuing with?

If this change needs to be adapted, what could you do to make it more achievable?

Change 5

What was the fifth change you made to support your overall goal?

How successful were you in making this goal?

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