

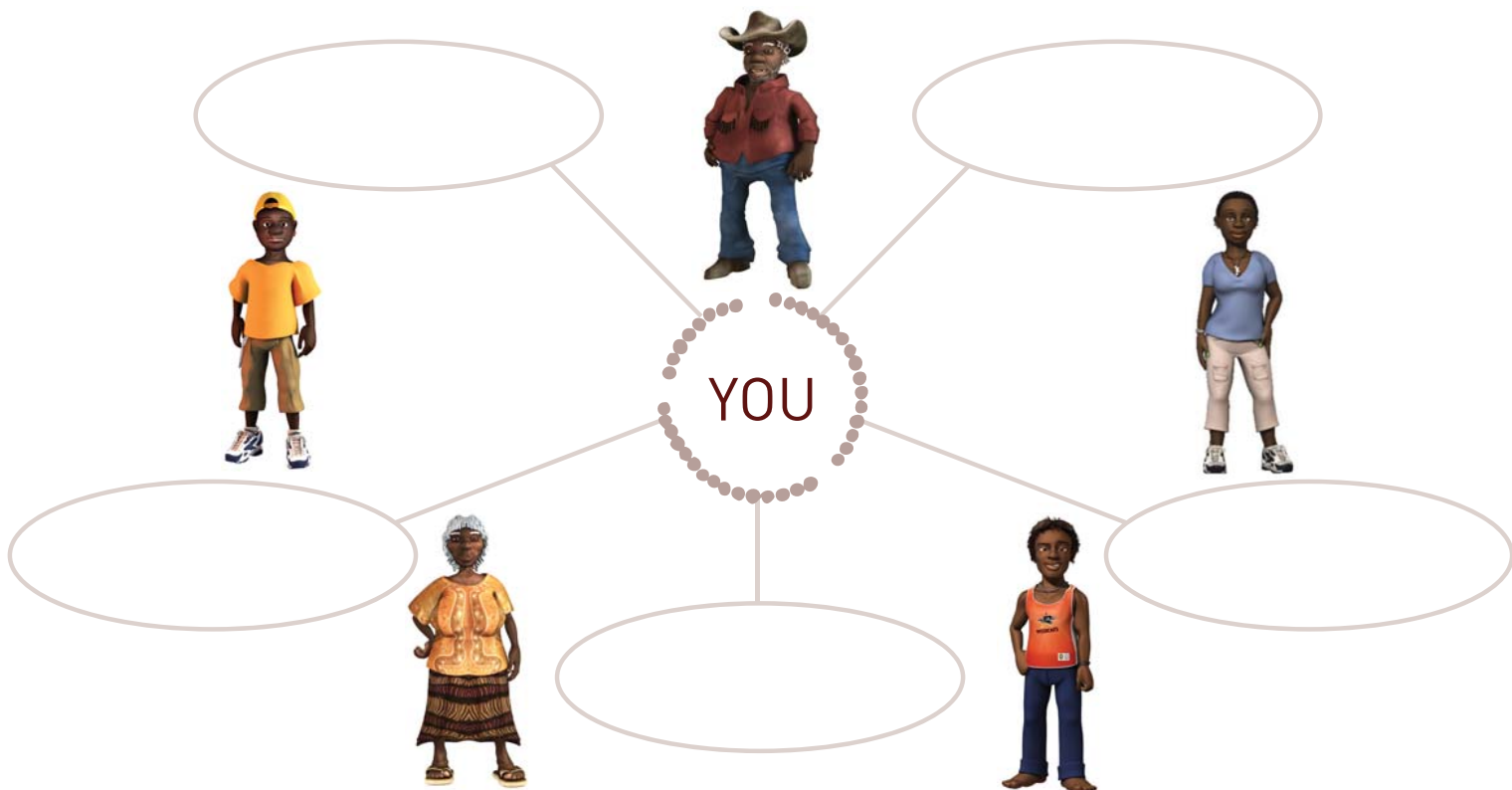
STAY STRONG PLAN

DATE...../...../.....

Name

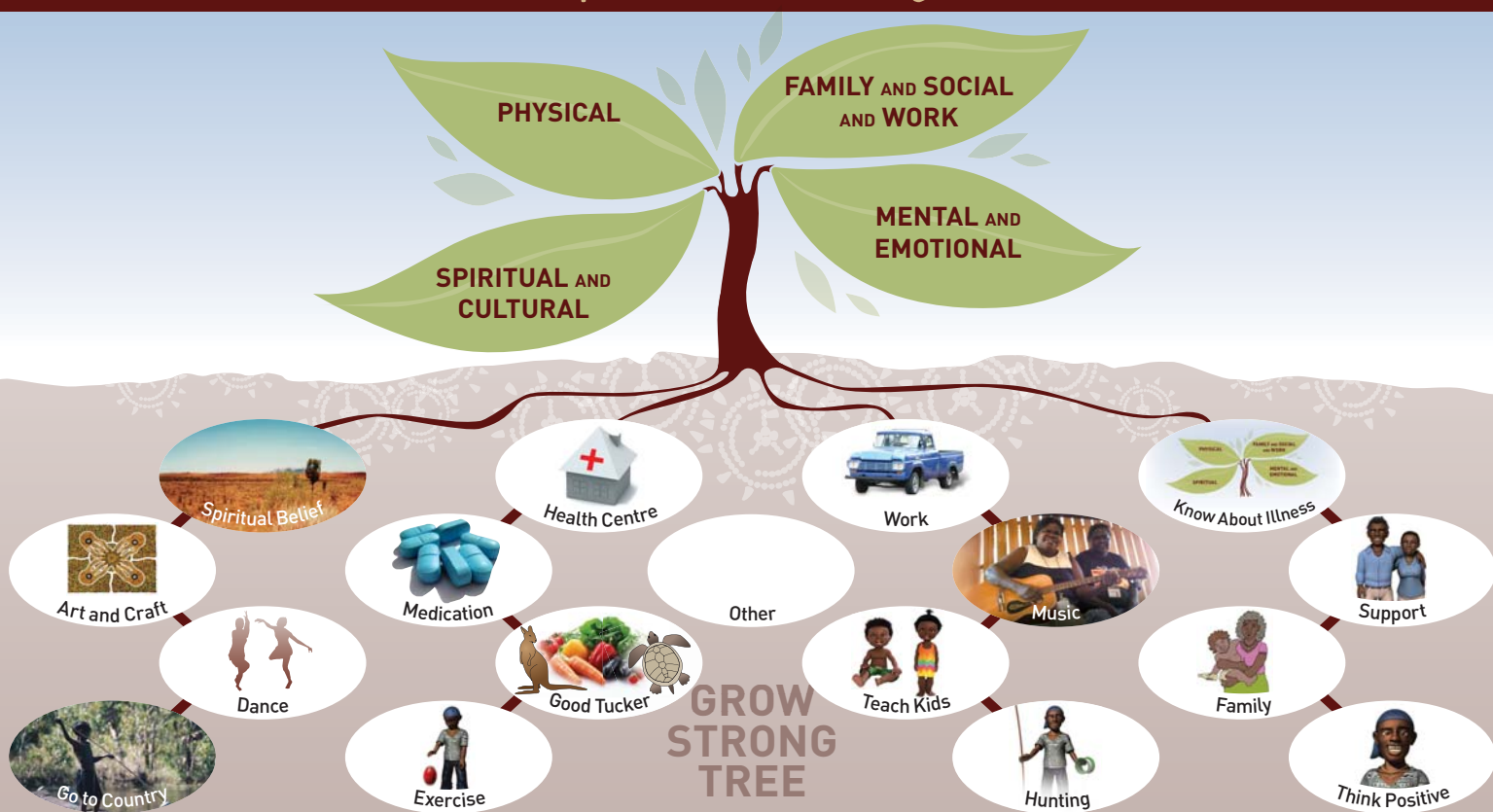
Client No.....

STEP 1 Family and friends



I trust _____ and _____ to give advice about my treatment.

STEP 2 What keeps us strong?



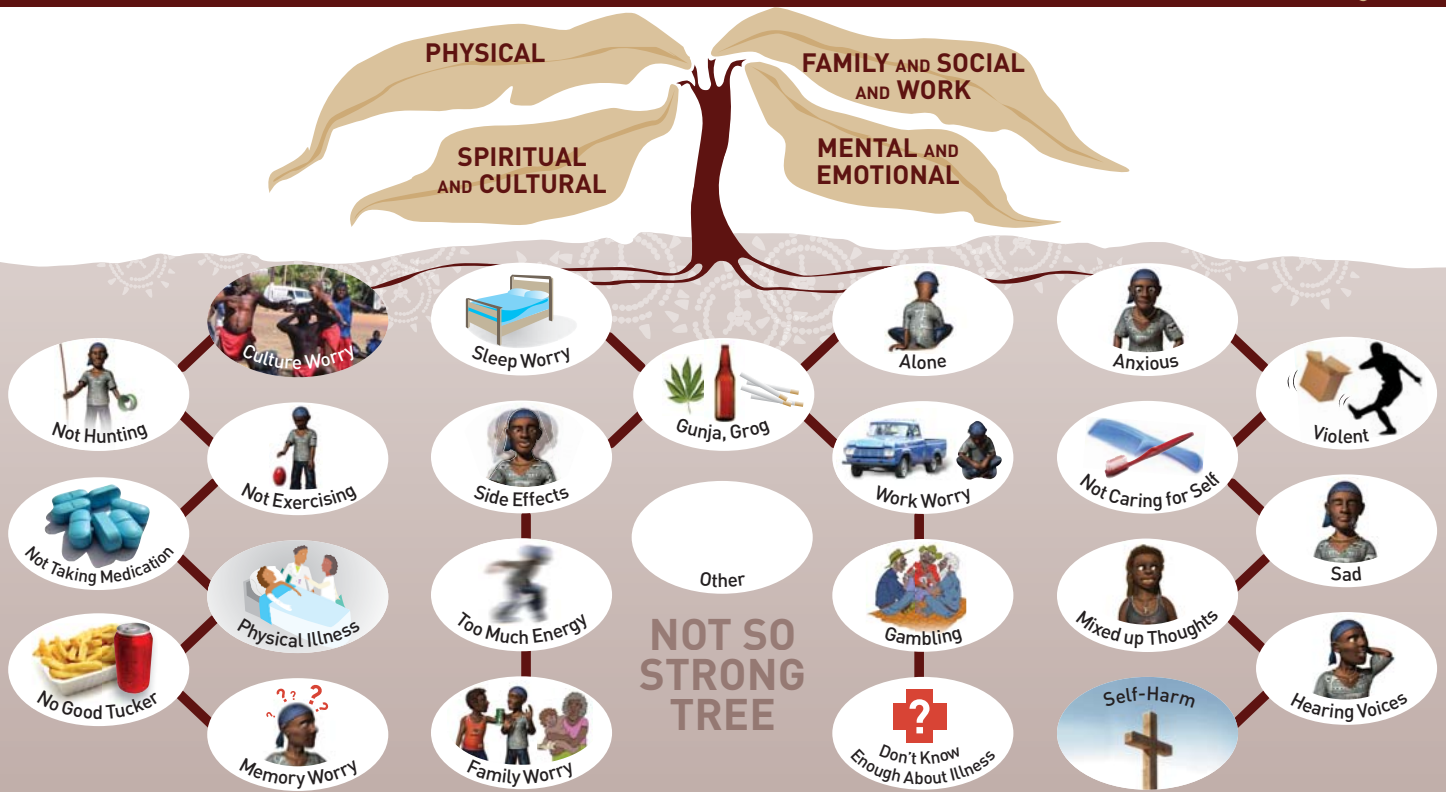
STAY STRONG PLAN

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STEP 3 Worries which can take away our strength



STEP 4 Goals and steps

Making goals and steps for change is like playing football.
To kick one goal takes a lot of small steps on the way. To win a season final takes even more.
Just one step can make a difference.

a) Goals I have for changing worries

Goal One:

Step 1

Step 2

Step 3

Goal Two:

Step 1

Step 2

Step 3

(b) Other things to do that help (e.g. see GP)

1.

2.

3.

Good things about these goals for change are:

My early warning signs are:

Signed: Client

Signed: Service Provider