

Parents' Plan

For Helping our Addicted Loved-One (ALO) Date: _____

My/Our Name: _____

ALO Name: _____ Rel. to me/us: _____

ALO's Present *Living Situation*: _____

My/our Vision for ALO's eventual *Living Situation*: _____

Specific Actions* Parents will Take (With Target Dates)

*Change = Awareness + New Action

"If nothing changes,
nothing changes."

1) _____

2) _____

3) _____

4) _____

5) _____

"People change, **not** when they see
the light, but when they feel the heat.."

Consequences I/We agree to, if I/We do **NOT** follow through with this plan:

Parent Signature

Parent Signature

Problems I have with "Change"
-Owning responsibility for my actions?
-Finding strength to deal with it?
-Trusting my "Gut"?
-Asking for help?