

My Reasons for Making a Change

This is space to explore what matters to you. You do not have to produce a perfect reason, a diagnosis, or a promise about the future.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

How to use the sheet

Choose one everyday situation. Write what you want to protect or change, what is difficult about changing, and a conversation or practical step you are willing to consider. Skip anything that does not help.

Original worked example: a reason becomes a question

Part of the reflection	Fictional note
What matters	I want to be present for Saturday breakfast with my child.
What concerns me	I have been missing it and feel disconnected.
What makes change difficult	I worry about how I will manage evenings and whether I will be judged.
A step to explore	Ask a clinician about my concerns; ask my sister to help me arrange the appointment.

The example is a planning exercise, not a recovery standard or treatment instruction. Your reasons may concern sleep, relationships, work, money, enjoyment, stability or something else.

My reasons, in my words

What matters and what I have noticed

Describe one situation and why it matters to you.

What I want to keep, change or understand

You can include mixed feelings and questions.

One step I am willing to explore

A question, contact or practical arrangement; any support I need.

If you want help discussing this, you can tell a trusted person what you need from the conversation. SAMHSA suggests being specific and starting small when a full conversation feels like too much. [1]

Keep ownership of your notes

You can keep this private or share only a part. Revisit it if your priorities change. The exercise has no score and has not been validated as a clinical assessment.

Sources and Further Reading

[1] SAMHSA: How to Ask for Help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>