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A CONTRACT FOR CHANGE FOR MYSELF

Name: _____

Date: _____

*Think about what you want to change about yourself that is within reach and in your best interests.

Using POSITIVE words like “will” increases your chances for achieving your goals.

Using potentially NEGATIVE statements like “I wish”, “I hope”, “I wish I were able to”, “I want to but” – decreases the chance of reaching your goals.

Use positive statements about what you will do instead of positive statements about what you won't do.

Example: I will be calmer vs. I will not be nervous
ok not so ok

*Make sure you check with yourself that you are only contracting for changes that you want.

Don't make contracts because you feel you should change. “Should” contracts could be a set-up for failure.

Example: I SHOULD lose twenty pounds.
(A potential set-up for failure.)

vs.

I WILL be a smaller clothes size so I can be a “clothes horse”.
(A potentially fun contract.)

1. What do you want to change that is within your reach and in your best interest?
2. What do you need to do to get what you want? (The more specific behaviors listed the better!)
 - A.
 - B.
 - C.
 - D.

Okay, you are now ready for step three. Make this part fun!

Use some imagery or imagination to visualize in your mind's eye how you will be different in the following ways:

- A. In your thinking
- B. In your feeling
- C. In your appearance
- D. In your actions

3. How will you be different once you get what you want?

- A.
- B.
- C.
- D.

4. How can you mess up getting what you want?

CONGRATULATIONS! You have taken a major step in taking charge of your life!

Go through steps 1-4 for each area you wish to change. Begin with those areas that you give top priority to.