

# A PLAN FOR CHANGE

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1. Describe the problem in detail. Be specific. How does this problem show up in you're:

A. Behavior

B. Words

C. Thoughts

D. Attitudes

E. Emotions

2. When, where, and with who does it appear?

A. How often

B. How intense

C. How longstanding?

D. What has helped

E. What has hindered

3. Identify your goals for working on this problem.
4. What motive drives you? Be specific. For example: "I desire to live and keep things under control."
5. Have you asked for forgiveness from God? When will you if you have not?
6. Have you asked for forgiveness from anyone who has been impacted by this? If not, when will you?
7. What behavior(s) need to be "put off"?
8. What behaviors or attitude needs to be "put on?"
9. How will you do this and when?
10. How does this behavior or attitude hinder your relationship with Christ? With others?
11. Who will you ask to hold you accountable and how will they do it?
12. What literature are you reading to address this subject?
13. What verses do you need to memorize, meditate on, or study?