

# A personal change script

It is sometimes important to make use of a script when we are trying to change our behaviours. For example, if someone wants to stop smoking then he/she might develop a script he/she can use every time he/she feels the craving for nicotine: 'No, I don't need that at this moment. I will go and do something else to avoid this. I will do some exercise. I will visualise myself as a healthy non-smoker.'

Think of one habit you'd like to break or change. Then think up a 'script' to use in situations where you may be at risk of returning to this habit.

**My script**



**Photocopiable:**

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