



CHANGE ANALYSIS WORKSHEET- The Actual, the Ideal and the Real

Please consider some significant life areas from three different perspectives:

The Actual – What are you actually doing right now in your life. Where you are at today

The Ideal – How would you define the best case scenario? What do you think is commonly considered as the ideal situation?

The Real – What are you most likely really going to do when there is no pressure on you and no one is watching you and you can do what you want? (Think about what kind of choices you will make in the near future)

For example, consider the topic “**friends**”. Below is an example of a change analysis on this topic:

ACTUAL – “I still hang around with most of my friends who smoke pot but I let them know that I am being drug tested so they try not use right in front of me most of the time and usually that works to keep me clean for now”

IDEAL – “Ideally, I shouldn’t be associating at all with any of my friends who use drugs, or at least that is what everyone tells me”

REAL – “Once everyone gets off my back I still may be friendly with some of my close pot smoking friends but I will try to spend some more time skateboarding with Jim, my friend who is on probation and doesn’t smoke, and hopefully that will help keep me out of trouble.

Now try this with some other topics – Discuss some of these areas in terms of the Actual, the Ideal, and the Real

- Alcohol Use
- Drug use
- School/Employment
- Friends
- Sex
- Relationships
- Drug Dealing/Criminal activity
- Family
- Emotions
- Honesty
- Spirituality
- Medication
- Work
- Counseling (Getting Help)
- Others: (Make up your own)
- 1.
- 2.
- 3.



Analysis:

1. Which areas stood out to you as areas where you really are most unwilling to consider changing? (For example “Medication- there is no way I will ever try taking meds” or “Friends – My wife wants me to stop hanging out with Larry, but he is my best friend since childhood and there is no way I am going to change that”)

Identify a few areas below that you are most unwilling to change:

2. When you look at what you are actually doing now, which areas stand out as some of your strongest, most positive areas? (For example – “Alcohol– I know I still struggle with drugs but when it comes to alcohol, I haven't had a drink in years”)

Identify a few areas below that you are doing well with:

3. After you take some time to honestly think this over, which areas might you consider making some changes in because you can understand some of the good behind making that change. You do not have to be ready to make those changes, just identify a few areas. (For example, Emotions – “I realize that I could benefit from learning to manage my anger better” or Family – “I wouldn't mind improving my relationship with my parents and siblings”)

Identify a few areas below that interest you now that you may want to change:

4. After doing this change analysis and reviewing your thoughts, is there anything specific to substance use that you would be willing to try to adjust at this time?

I would be willing to change the following with regard to my substance use: