

# Developing Control: Self-Management Plan

## Self-Management Planning Sheet

Trigger	Plans	+/- Consequences	Difficulty (1 – 10)
1.			

Adapted from: Budney, A. and Higgins, S. (1998). *A Community Reinforcement Plus Vouchers Approach: Treating Alcohol and other drugs Addiction*. NIDA. Page 60. This form was originally adapted from Miller and Munoz 1982