



# PSYCHOLOGICAL A.R.T.S., PC TREATMENT PLAN -SAMPLE-

**Name:** *(enter name here)*

**Date:** *(enter date here)*

## Goal Section

**Core Motivation:**

*What you really want and/or what you want to avoid*

*What motivates you to go to any lengths to adhere to the commitment listed below.*

**Decision:**

*What you are committing to do - for example, complete abstinence from incentive for the next six months.*

## Implementation Section

**Coping Tactics:**

*How you will get yourself to act in accord with your decision. Recommended form: When I encounter High-Risk Situation X, I will perform Coping Response Y - Example: Whenever I think about gambling I will review both sides of my reminder card. Use other side if necessary.*

**No Exceptions Clause:** *I agree to permit no exceptions to the contingencies stated here – regardless of how reasonable a momentary lapse may seem at the time.*

**Sign:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Relapse Prevention Section

**When I handle a crisis successfully I will:**

*What you will do to keep learning and avoid complacency - Example: I will make a note of what I did that was effective.*

**If I lapse I will:**

*Plan for preventing demoralization, and getting back on track - Examples: If I lapse I will rewrite my Treatment Plan and/or Reminder Card, taking the new information into account; If I lapse I will contact my therapist, sponsor, author of this kit - [bill@psycharts.com](mailto:bill@psycharts.com).*