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Name \_\_\_\_\_  
Email \_\_\_\_\_  
Date \_\_\_\_\_

## **A PLAN FOR CHANGE**

1. Describe the problem—be specific. How does the problem show up in your behavior, words, thoughts, attitudes, emotions? When, where and with whom does it appear? How often is it a problem? How intense? How long-standing? What was the starting point? What has helped in the past? What has hindered change? Answering this will help us know how to give practical advice.
2. This behavior or attitude comes from what heart idolatry? Please be specific. For example, “I desire and live to keep things under control.” Or, “I make people my refuge.”
3. Have you asked the Lord’s forgiveness? When will you? Have you asked the forgiveness of anyone who has been impacted by this? If not, when will you?
4. In what ways do you need to die to this idolatry? What behavior or attitude needs to be “put off”? How could you or should you practice the principle of “radical amputation,” demonstrating your sincere desire to change (Matt 5:28-30; Col 3:5)?
5. What true worship (ask yourself what the biblical opposite is of your chosen heart theme) and behavior needs to be “put on”? Think of daily specific ways to work on this.
6. How could you grow in your love, trust or awe of the Lord related to this/these areas? What day to day practical ideas would help you do this?
7. Who will you ask to hold you accountable, and how will they do it? Ask this person to pray for you and give him or her 1 or 2 specific questions to ask you regularly that would help hold you accountable to your plan.
8. What literature could you need to read that addresses this subject? I would suggest the Help! Minibook series in particular or use the search engine on the Biblical Counseling Coalition site for suggestions as well.
9. What verses do you need to memorize, meditate on or study related to your area?
  - Control—Isaiah chapters 40 through 48 have many wonderful verses
  - Comfort loving—2 Corinthians 1 :3-11 and Psalm 18:1-3 or verses in Proverbs on laziness
  - People pleasing—Proverbs 29:25; Galatians 1:10
10. Summarize your plan into things to work on daily or weekly and write reminders on 3x5 cards and tape them in places to remind you to work on your project.