



Writing a behavioural contract

Now that you have made some choices about your substance use and what you want to do about it you can write yourself a contract.

This will help to remind you exactly what you have decided to do.

Example A: I will stop using cannabis on [insert date].

Example B: I will cut down my cannabis use to no more than one cone per fortnight starting from [insert date].

Remember from 'How to set a goal' (Link to 'How to set a goal'), to be effective, your goals should be SMART

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**ime bound

Choosing SMART goals will help you achieve your goals more effectively.

Now that you know how to write a behavioural contract, here are some related sheets that you might also find useful:

[How to cope with cravings](#)

[How to be assertive](#)

[How to stick to your targets](#)

[How to prepare for and respond to a slip](#)

[How to manage a slip](#)

[How to practice mindfulness](#)

My contract with myself

I will

I will

I will

I will

I will

I won't

I won't

I won't

I won't