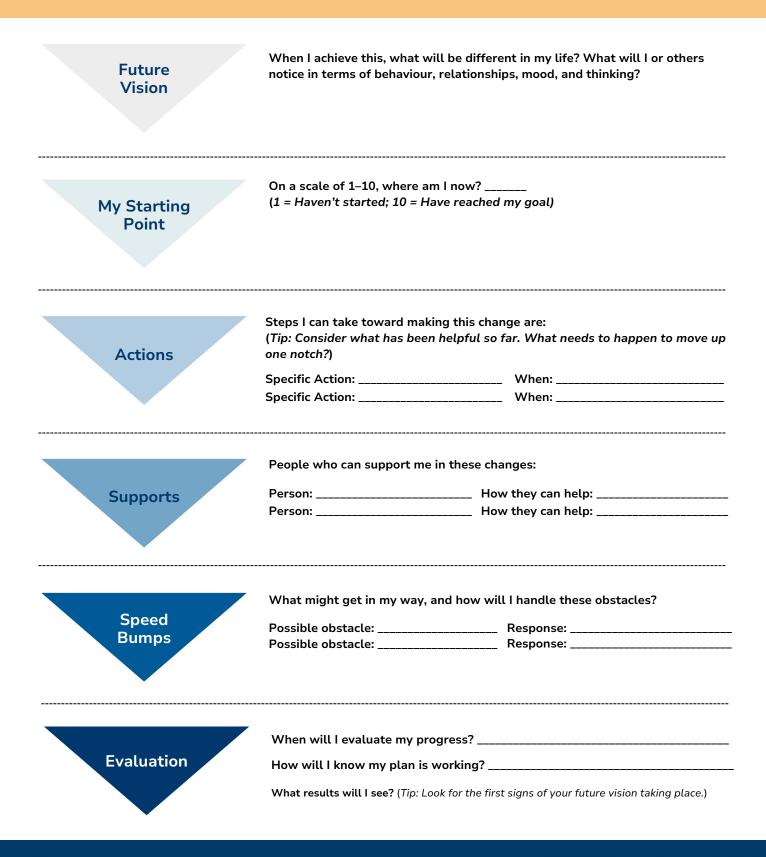
## **Planning for Change**

**Purpose**: Once an area of change has been identified, it is helpful to explore how to achieve it in more detail.

Instructions: Complete the questions below.



CTRI

\*This resource comes from our book, Counselling Activities Workbook: Handouts and Exercises for Working With People © Crisis & Trauma Resource Institute ctrinstitute.com 877.353.3205