

## Worksheet 8.4: SMART planning for behaviour change

Helping Edi to think about specific changes that are not so difficult that they will fail but are difficult enough to create a little bit of discomfort can be invaluable. SMART baby steps are much more likely to have a positive outcome than giant leaps.

### **SMART planning: is the challenge**

Specific?

Measurable?

Achievable?

Realistic?

Within a set Timeframe?

Example: James has a compulsion to break things when he is feeling very anxious. Use SMART planning to come up with an idea of an experiment for James.

James says he thinks a crisis card might be helpful:

How this can be used in a SMART way:

### *Not SMART*

Make a crisis card and assume James will never break anything ever again.

### *SMART*

Specific – Make a crisis card as an experiment and use for 1 week

Measurable – Yes

Achievable – James has verbalised that he really wants to try this

Realistic – James has visualised how this might be helpful

Timeframe – Review after 1 week with Dad

Whenever you are helping Edi to choose a behaviour to challenge, use SMART planning.

The idea is that the challenge to change the behaviour should be slightly beyond Edi's comfort zone but nevertheless perceived as attainable.