

Using a Contract to Commit to Change

Behavioral contracts are not just for kids. In fact, creating a behavioral contract and sharing it with others is one of the most effective ways for adults to motivate themselves to make changes in their lives. Use the contract below to commit yourself to changes that will help you overcome your depression or any other problem that is holding you back in your life.

I, _____ (name), agree to

(specific behavior you want to change) _____.

I will begin on (date) _____ and plan to reach my goal (specific goal)

by (target date) _____.

In order to reach my final goal, I have devised the following schedule of sub-goals.

_____	_____
(sub-goal)	(date to complete)
_____	_____
(sub-goal)	(date to complete)
_____	_____
(sub-goal)	(date to complete)
_____	_____
(sub-goal)	(date to complete)

Some of the strategies I will use to change my behavior: _____

I sign this contract as an indication of my personal commitment to reach my goal.

(your signature)

(date)

I have recruited _____, a helper who will witness my contract and help me by:

(witness's signature)

(date)