



BEHAVIORAL CONTRACT

1. Having carefully considered the consequences of my unwanted behavioral pattern(s) upon myself and others, I hereby agree to work my hardest to end my cycle of acting badly. To accomplish that end, I further agree to the following:
 - a. I will use a written relapse prevention plan to identify my goals for ending the behavior
 - b. I will make a clear and detailed list of the unwanted behaviors I am targeting
 - c. I will identify rewards to grant to myself for accomplishing relapse prevention goals
 - d. I will be mindful of natural negative consequences that occur if I do not achieve or maintain my goals
 - e. I will introduce my own negative consequences in addition to natural consequences to further help myself with the achievement and maintenance of a life without unwanted behavior.
 - f. If my problem involves use of the internet compulsively, I will install and not defeat an internet filtering device so that I cannot access sites I am not able to resist
 - g. I will develop specific ways in which my appropriate and inappropriate behavior can be monitored. This may include self-report (charts, logs, etc), the use of monitoring equipment on my computer, the opinion of my spouse, significant other or friend who will assist me in my recovery, and by honest and forthright reports to my counselor if I am in therapy.
2. This contract will be reviewed at regular intervals through appointments with my counselor, briefings with my spouse or community team, membership in a support group, or other means, as specified in my relapse prevention plan.
3. If I experience a relapse, I agree to report this situation to my therapist, my support team, etc. within 24 hrs and will follow recommendations developed in my relapse prevention plan for regaining control.

Signed: _____

Date: _____

Witnessed: _____