

CONTRACT

I hereby commit to and accept responsibility for achieving the goals that I have initialed below. These goals are designed to prepare me to stop getting high. In addition, they show my motivation, confidence, and commitment to the quitting process. I understand that a slip can occur and I must not use it as an excuse to return to use.

1. I will follow the helpful hints and keep in mind what I am experiencing is normal.
2. I will begin to increase my physical activities. I commit to: _____

3. I will throw away all of my paraphernalia. (No holding on to anything for old time sake).
4. I will avoid places where there are temptations to get high, such as bars and time with friends who get high.
5. I will drink an extra two glasses of water each day.
6. I will reward myself for accomplishing these goals by: _____

My Quit Date Is: _____

Signature: _____

Today's Date: _____