



Care Plan, ChemSex

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Part 1: What is your goal? Abstinence? Reduced use? Controlled use? Safer use?

To keep your goals small, realistic and achievable, and to gain a feeling of accomplishment...

Try committing to a period of abstinence (with our support for); 1 month 2 months 3 months 4 months

How confident are you to achieve this goal?

Not confident 1 2 3 4 5 6 7 8 9 10 Confident

Is your confidence score is less than 7? Re-adjust your goal to improve your confidence

Abstinence goal; 1 week 2 weeks 3 weeks 1 month

Now rate your confidence level again (and keep adjusting until your confidence level is 8 or higher)

Not confident 1 2 3 4 5 6 7 8 9 10 Confident

Part 2: Managing triggers
(These can be boredom, loneliness, feeling horny, playing on Apps/hooks-up sites, times of day, journeys home from work, etc)

When are your cravings/triggers likely to happen?

Home alone weekends Friday/Sat nights When playing online When drinking

Name others: _____

What can you do differently next time you feel a craving/trigger?

What supportive person can you call if you feel a craving/trigger?

What enjoyable/productive things can you plan into your upcoming free time, to keep yourself occupied?

It might be wise to abstain from sex during this vulnerable time, as it might trigger you further. If this is unlikely, or unattractive to you, what might you have to do differently to enjoy sober sex?

Part 3: Follow-up support? When can you return to follow-up your Care Plan?