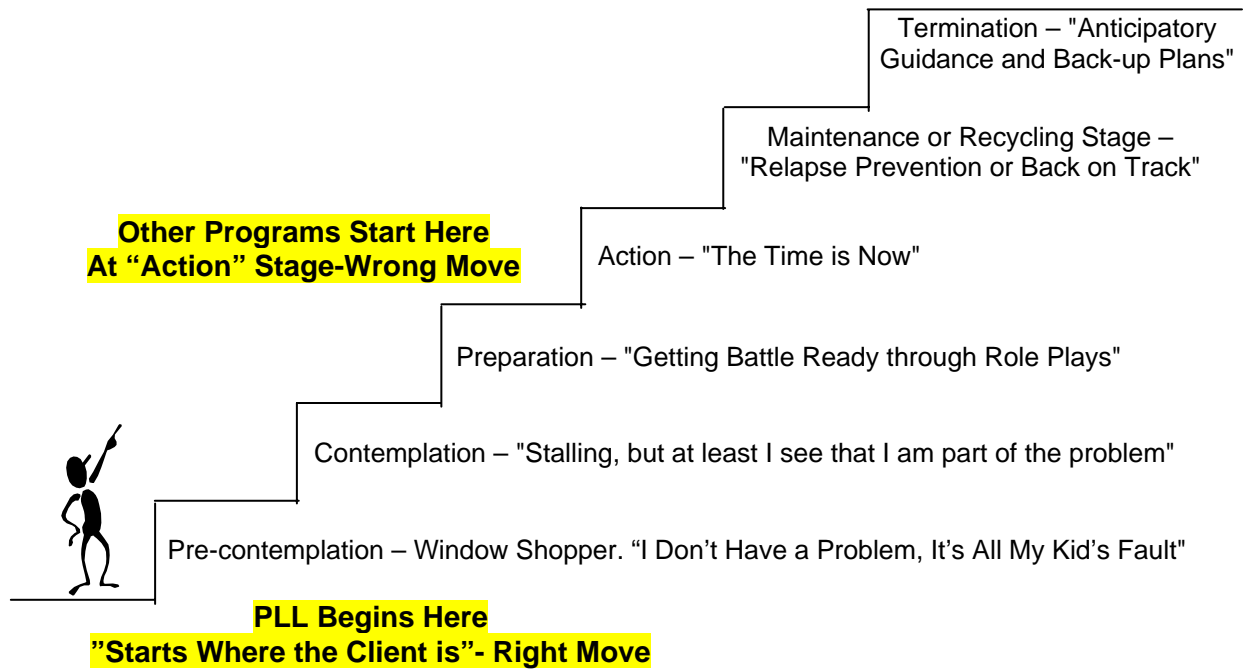


# THE 6 STAGES OF READINESS FOR CHANGE



<p><b>Pre-contemplation</b></p> <ul style="list-style-type: none"> <li>▶ Do not see that they are part of problem/solution</li> <li>▶ Feel situation is hopeless</li> <li>▶ No intention of changing</li> <li>▶ Want others to change</li> <li>▶ Others see problem they cannot</li> <li>▶ Minimize or rationalize</li> </ul>	<p><b>Contemplation</b></p> <ul style="list-style-type: none"> <li>▶ Acknowledge problem and their part in it</li> <li>▶ Not ready for change yet</li> <li>▶ Stalling – "analysis paralysis"</li> <li>▶ Wait for magic sign</li> </ul>	<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>▶ Contracting and troubleshooting</li> <li>▶ Need final reassurances</li> <li>▶ <u>Dry Run Role Plays</u></li> <li>▶ Make final adjustments</li> </ul>
<p><b>Action</b></p> <ul style="list-style-type: none"> <li>▶ Person or family tries to change or stop problem</li> <li>▶ Person or family tries to change environment</li> <li>▶ Overlooks possible relapses</li> <li>▶ If relapse or change fails recycles back to one of three earlier stages</li> </ul>	<p><b>Maintenance</b></p> <ul style="list-style-type: none"> <li>▶ Consolidate gains</li> <li>▶ Relapse prevention-troubleshooting</li> <li>▶ Potential to recycle is initially high</li> <li>▶ Communicate that relapse is normal</li> <li>▶ Goal: Spread moments of relapse further apart</li> </ul>	<p><b>Termination</b></p> <ul style="list-style-type: none"> <li>▶ Anticipatory guidance</li> <li>▶ Letting go of "old self"</li> <li>▶ Backup plan</li> <li>▶ When to use tune-ups</li> <li>▶ Line up support systems and secure a co-therapist</li> </ul>