



## Activity 2: Progressing Through Stages

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1. Which Stage of Change do you think you are currently in? Check one.

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

2. What is the next Stage of Change in the progression for you? Check one.

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

3. For the next stage in your progression, choose up to 3 Sorting Cards that you think, if achieved, would help you to progress. Complete the table below.

Discovery Cards Summary		
Stages of Change: from colored card backs	Stages of Change Behaviors: statements from card fronts	Why did you pick this card?
1		
2		
3		

## Questions to Explore

Select one of your cards from the table above and answer the following questions:

1. What action can you take to change your behavior or thinking to achieve the desired behavior?
2. What's your goal timeline?
3. Who can you ask for help and support?
4. What is your major learning from this activity?