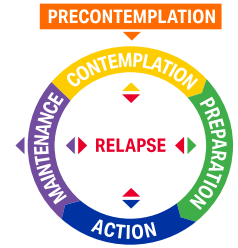


Activity 4: Understanding the Stages of Change Model

Visit R1RECOVERYFIRST.COM to download printable Activity Worksheets.



As you think about your understanding of the Stages of Change Model, answer the questions to the right.

Questions to Explore

1. Does it help you to know that there is a model describing stages of change? How does this help?

2. Do you see how these stages are important for moving to healthier behaviors in your recovery? How?

3. Does the Stages of Change Model make sense given your own experience? Why?

Stages of Change
What stage am I in?

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Stages of Change
What stage am I in?

PRECONTEMPLATION
Build awareness for my need to change

CONTEMPLATION
Increase my pros for change and decrease my cons

PREPARATION
Commit and plan

ACTION
Implement and revise my plan

MAINTENANCE
Integrate change into my lifestyle