

Visit 7 - Time to Make a Change



Making A Change- it's a process!

CONGRATULATIONS ON MAKING IT THUS FAR!

**YOU ARE DOING GREAT THINGS FOR YOUR HEALTH BY COMING BACK
REGULARLY AND TRYING TO CHANGE YOUR DRINKING HABITS!**



For the next few sessions we are going to make a Change Plan and teach you some skills to deal with triggers, urges, and relapses.

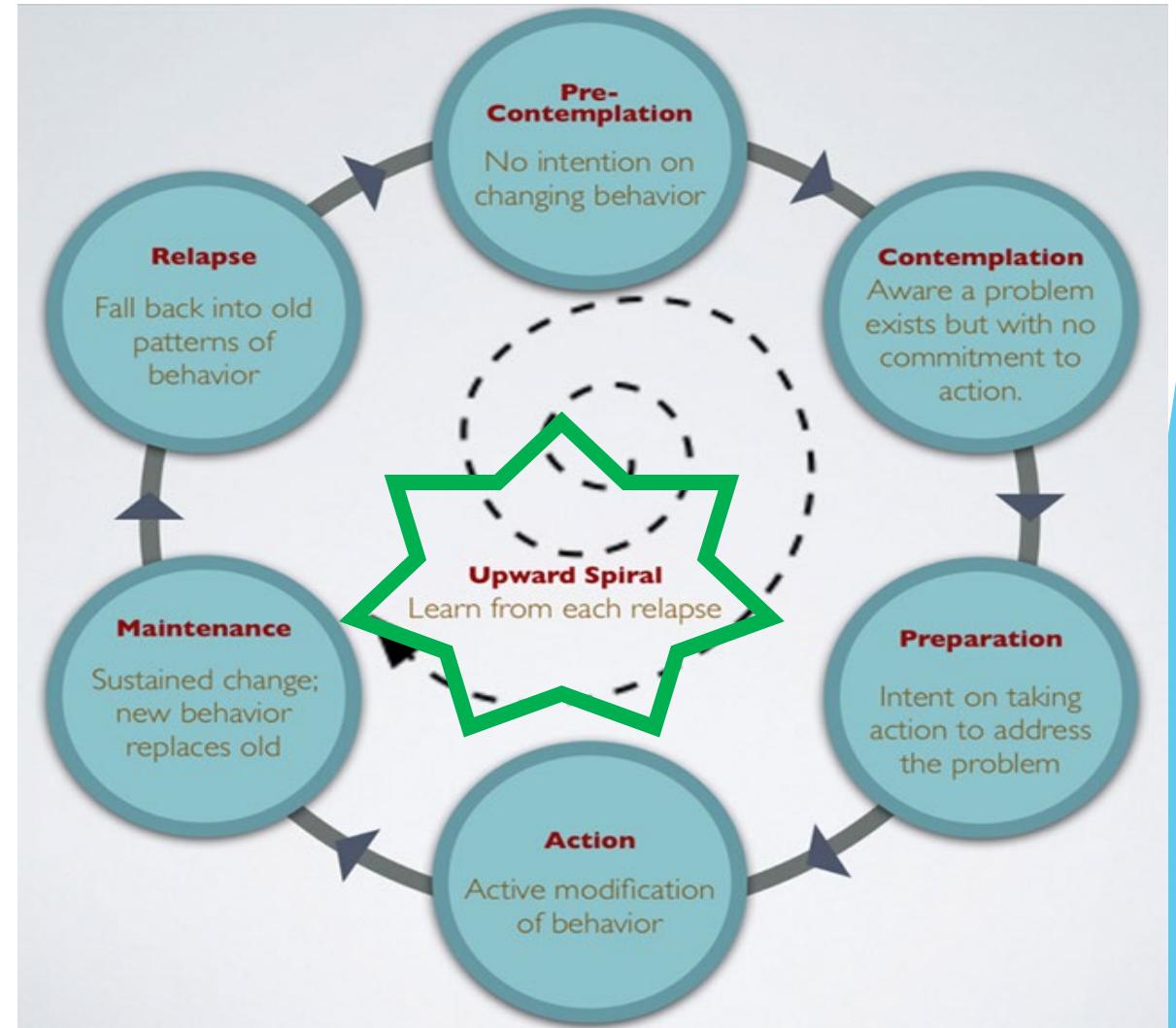
Making A Change- it's a process!

Change doesn't happen overnight – particularly for habits that we may have had for many years.

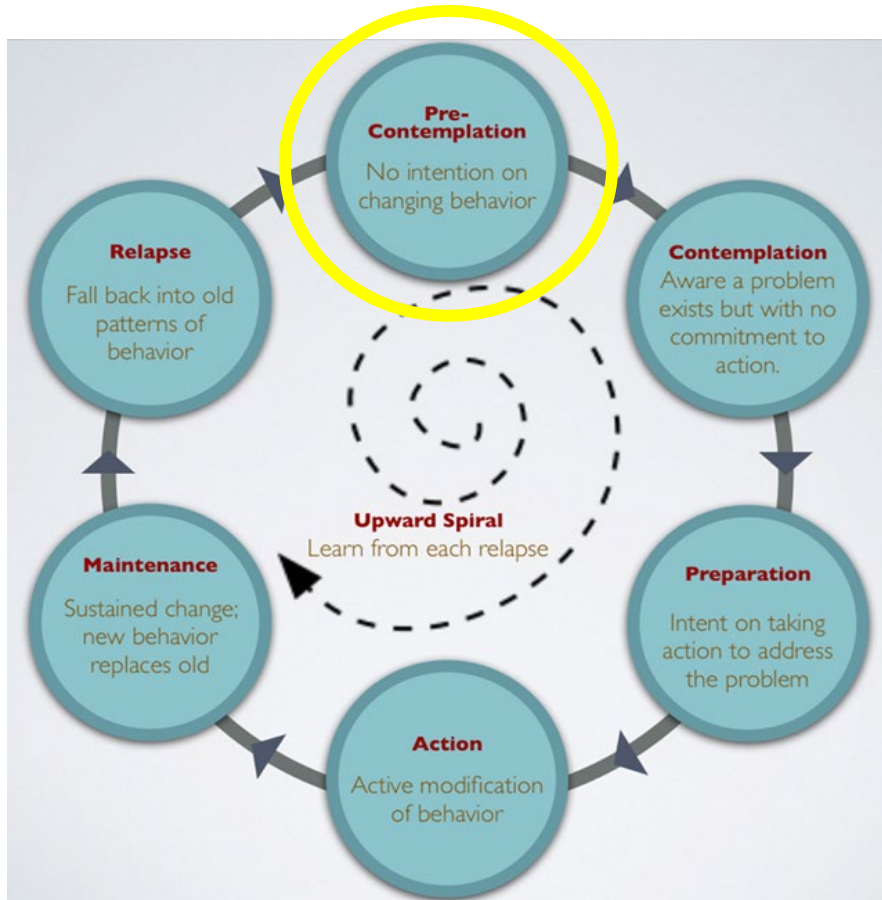
Change is sometimes divided into specific phases: Precontemplation, Contemplation, Preparation, Action, Maintenance, and Relapse.

**Lasting change requires practice.
You will relapse – that's ok! Keep trying!**

It is part of the process – and a healthy part of the process – if you allow yourself to learn from it.



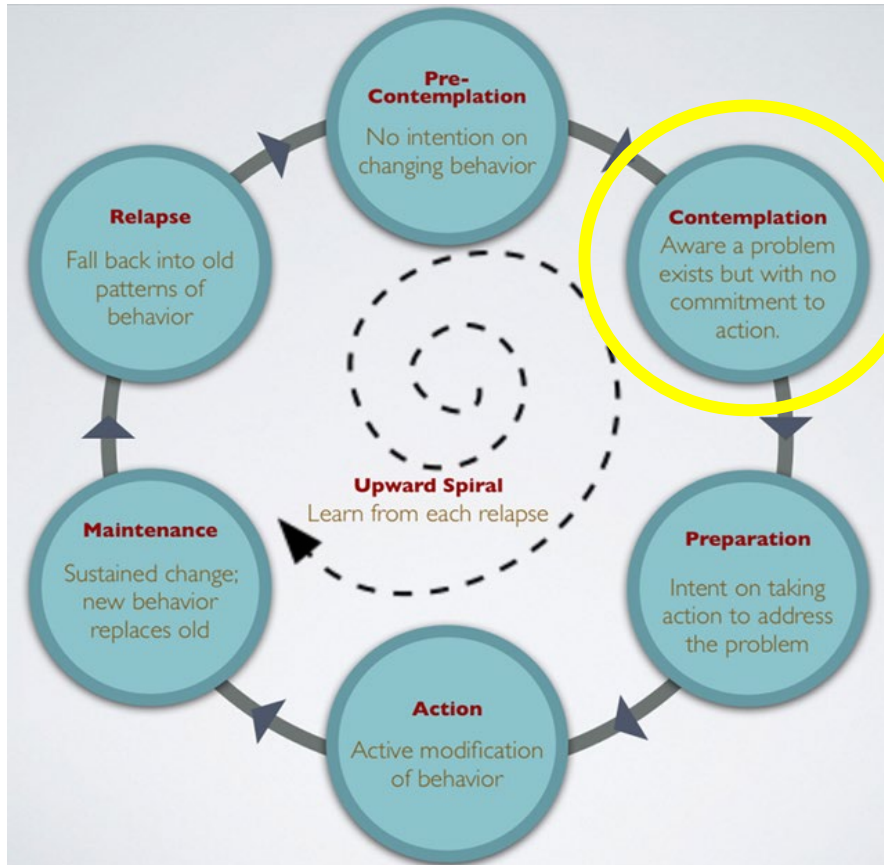
The Stages of Change - Precontemplation



The person is not yet considering change or is unwilling or unable to change.

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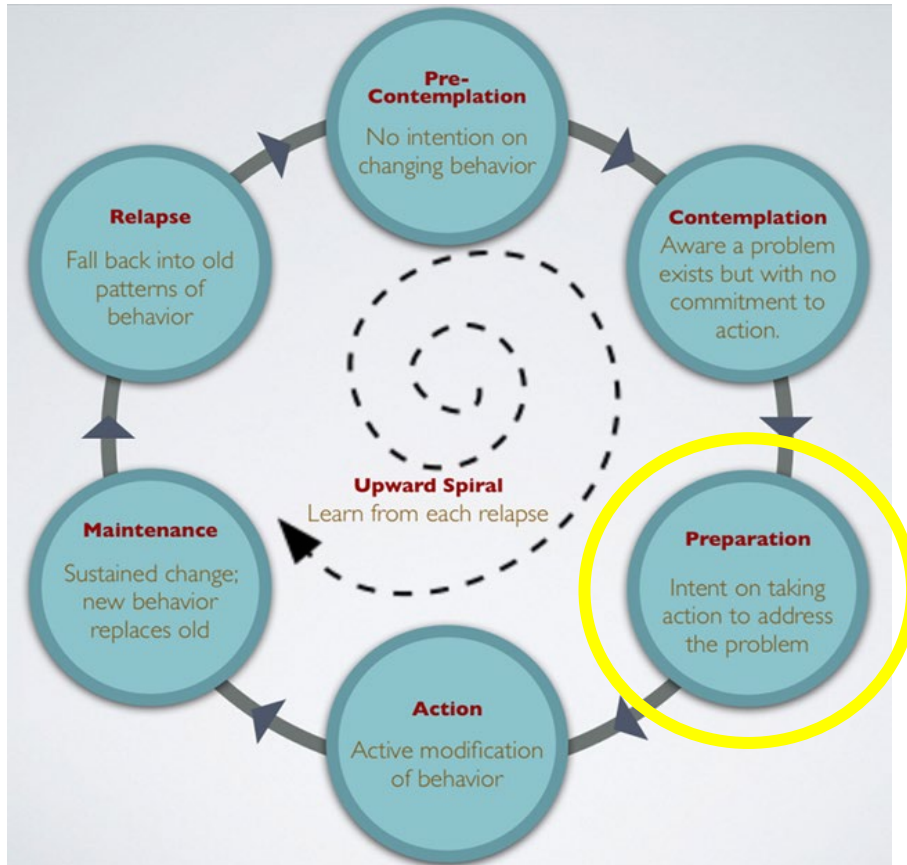
The Stages of Change - Contemplation



The person acknowledges concerns and is considering the possibility of change but is ambivalent and uncertain.

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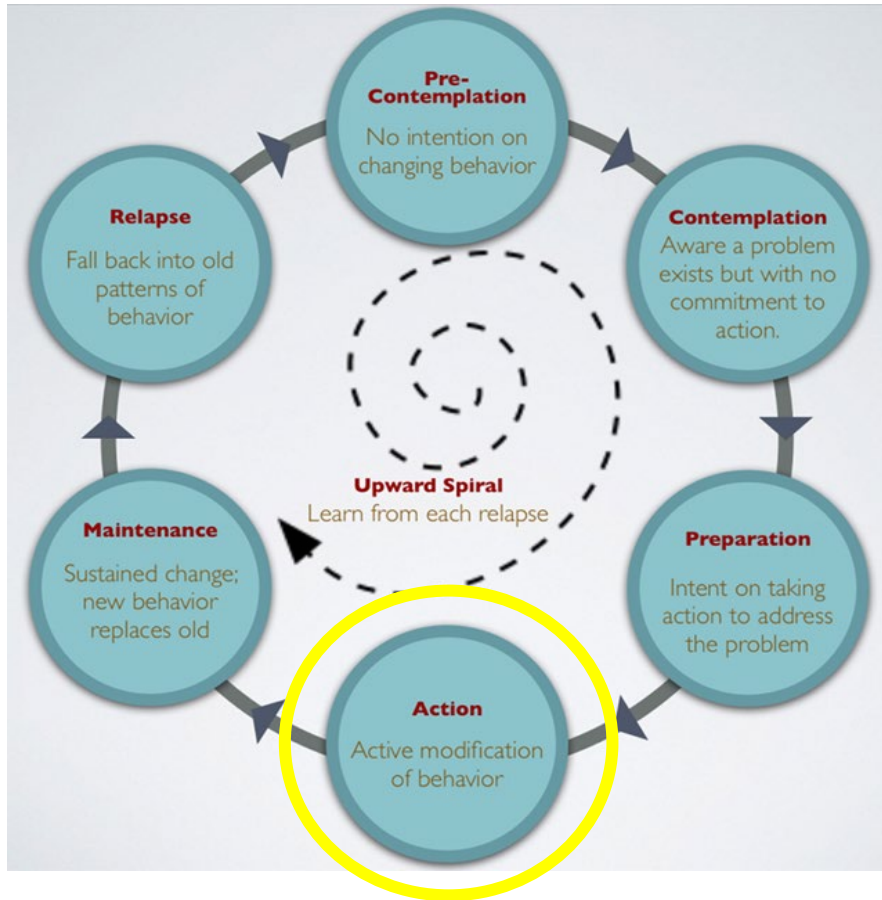
The Stages of Change - Preparation



The person is committed to and planning to make a change in the near future but is still considering what to do.

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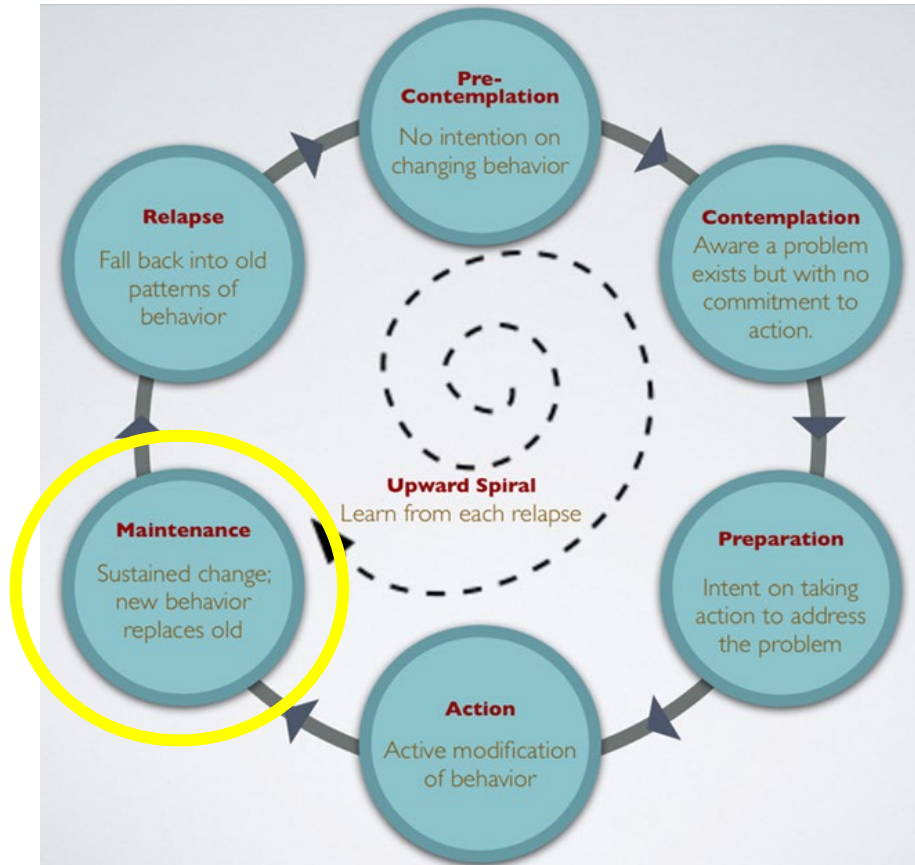
The Stages of Change - Action



The person is actively taking steps to change but has not yet reached a stable state.

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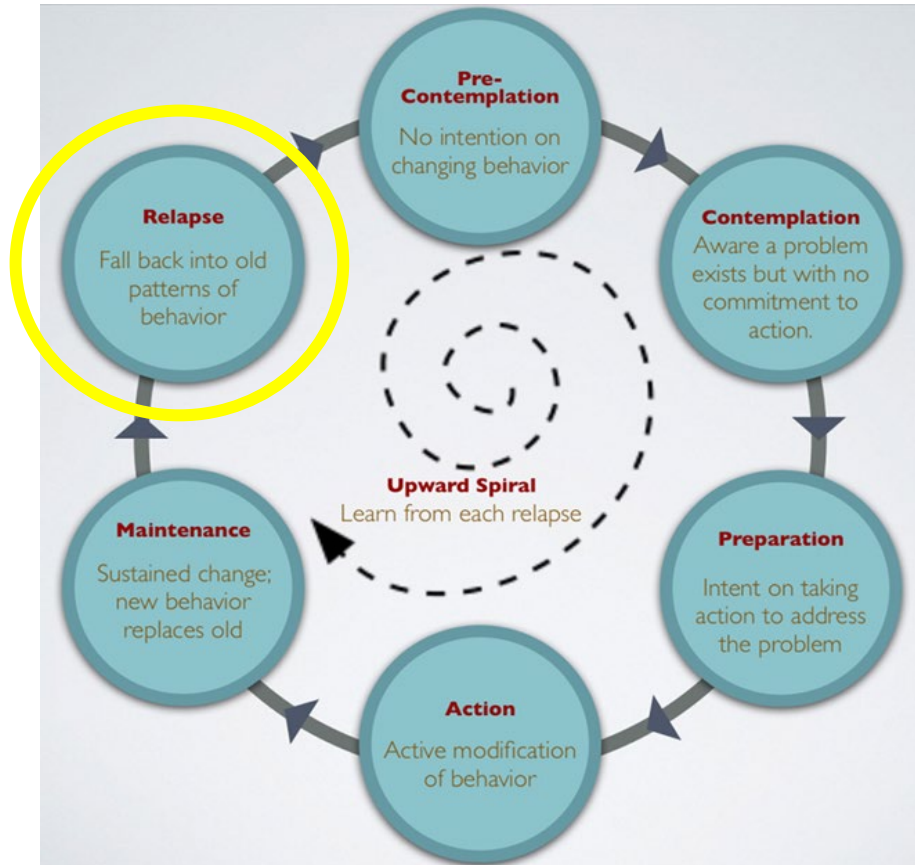
The Stages of Change - Maintenance



The person has achieved initial goals such as abstinence and is now working to maintain gains.

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The Stages of Change - Relapse



The person has experienced a recurrence of symptoms and must now cope with consequences and decide what to do next.

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The Stages of Change - What Stage are You In?



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Today's Writing Assignment:

Place today's date in our notebook.

Write down the stages of change.

Write the sentence “**Lasting change requires practice.**

You will relapse – that's ok. Keep trying! It is part of the process – and a healthy part of the process – if you allow yourself to learn from it.”

Then write 1 sentence describing the stage of change you think you are currently in .

Once you are done a staff member will come check on you and go over your written material with you.