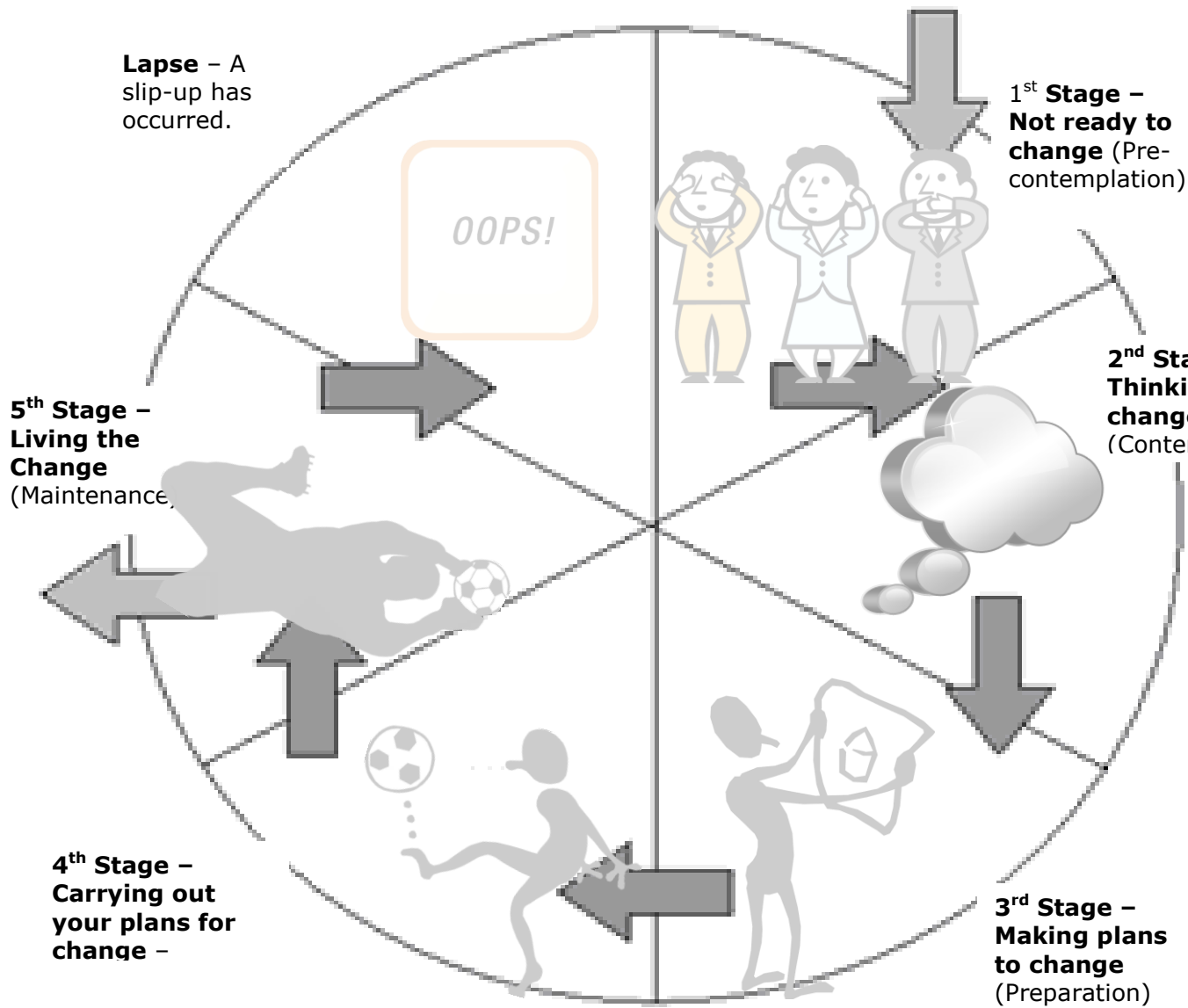


STAGES OF CHANGE

Keep track & plan your progress



Stage #	Additional exercises
Moving from Stages 1 -> 2	<ul style="list-style-type: none"> • Write/draw/review your life story? • How did you get here right now? • How much money have you spent on drugs or alcohol? • Discuss a typical day in your life. • How much time is spent on acting out/thinking about drugs & alcohol?
Moving from Stages 2 -> 3	<ul style="list-style-type: none"> • Do a good and not so good list of such behaviours • What would your life be like without drugs or alcohol? • Think about some short and long-term goals. • Discuss money, education, health and other effects of using. • Discuss the pros and cons of changing your behaviour.
Moving from Stages 3 -> 4	<ul style="list-style-type: none"> • Develop a list of changes you could make in your life. • What behaviour do you think is better for you long term? • Who can help you? • What things do you need to be mindful of? • Make a realistic & achievable plan • Try the plan out.
Moving from Stage 4 -> 5	<ul style="list-style-type: none"> • Continue the behaviour that is more helpful for you • Be mindful of triggers • Continue to surround yourself with people who give you support and positive reinforcement.

