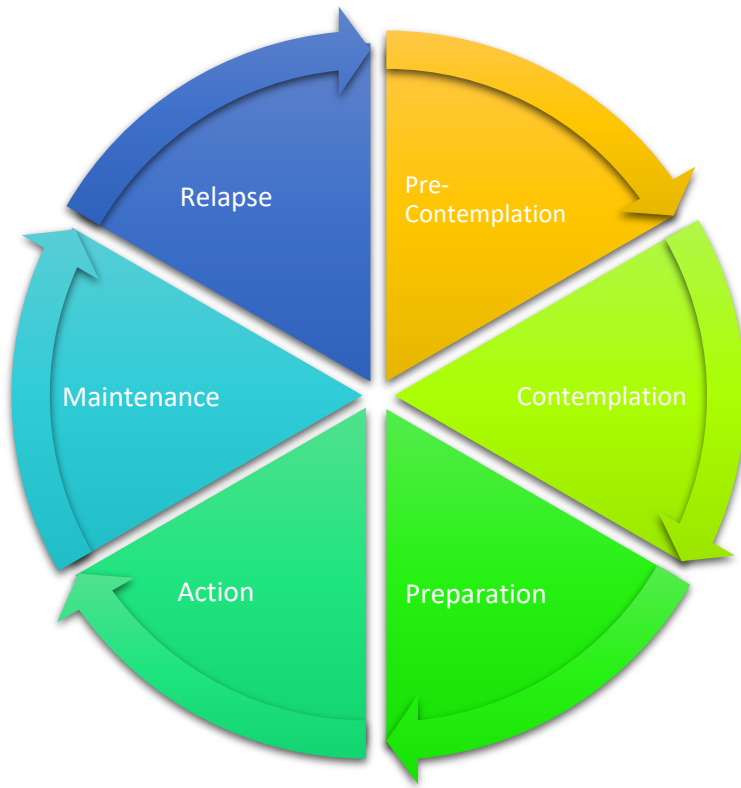


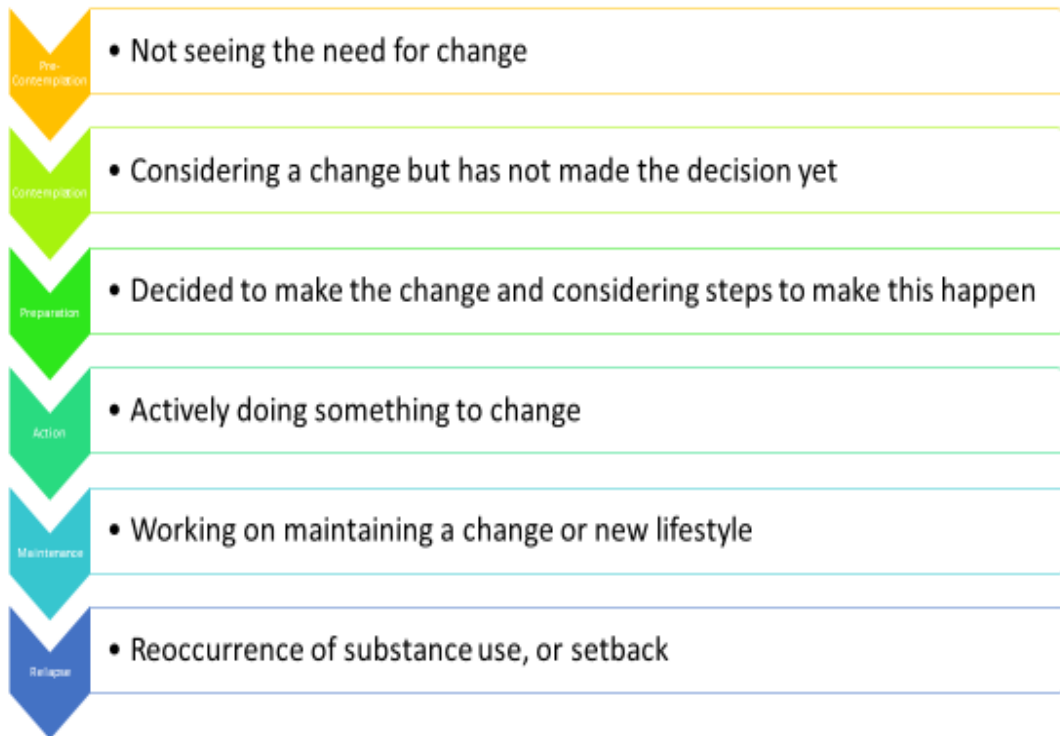
Stages of Change in the Recovery Process & Recovery Supports



Does he or she have the following to support them in recovery?

- Health
- Home
- Purpose
- Community

Who are his or her supports in recovery?



Questions for Each Stage of Change in the Recovery Process

Pre-Contemplation – not seeing the need for change

- People use drugs because they see benefits in some way. What are the good things about your drug use? What do you like about it?
- What may happen if things continue as they are?
- What would be different if you went into treatment?

Contemplation – considering a change but has not made the decision yet

- What makes you think that you need change?
- What could you do to reduce any barriers while you're deciding what to do?
- Can you tell me about any downsides of drug use? What are some things that you wouldn't miss about your drug use?
- What are the worst things that may happen if you continue using? What are the best things that might happen if you stop using?

Preparation – decided to make the change and considering steps to make this happen

- You were saying that you were trying to decide to continue or go to treatment. If you decide to change, what would you have to do to make that happen?
- It shows a lot of strength/courage/determination to think about change. How can I support you?
- I understand some of the barriers/difficulties that you have discussed. How can I help you get past some of these? Is there something else that could help you?

Action – actively doing something to change

- I hear you have considered goals/plans/values, how can we work together to make them happen?
- What are some short term goals that you have for yourself in recovery?
- Have you ever done any of these things before? What has worked/not worked in the past?

Maintenance – working on maintaining a change or new lifestyle

- What sorts of things are important to you?
- Give me some characteristics in yourself that we can use to maintain recovery?
- What are a few long term goals you have for yourself in recovery?
- What importance has your support network had in your recovery? Whose support network are you part of?
- Do you have a prevention plan developed to support your recovery and deter relapse?

Relapse – reoccurrence of substance use, or setback

- I understand that you may see relapse as a failure, it takes a lot of courage to admit you made a mistake. How can we use this experience as a way to empower your continued journey in recovery?
- It shows a lot of strength/courage/determination to think about change. How can I support you?
- You have found recovery in the past and I know that you can again. What can we do to support you in your journey of recovery?