

# Addiction Recovery Stages of Change

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Review each stage of change and contemplate which stage you currently find yourself in. Next, answer the questions starting at the stage you're currently in.

<b>STAGE 1</b> Pre-contemplation	<b>STAGE 2</b> Contemplation	<b>STAGE 3</b> Preparation	<b>STAGE 4</b> Action	<b>STAGE 5</b> Maintenance	<b>STAGE 6</b> Relapse
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## Stage 1 Precontemplation

Do you find yourself brushing off, ignoring, or denying a potential problem in your life?

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## Stage 2 Contemplation

What are the pros and cons of making a change?

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## Stage 3 Preparation

Why are you motivated to make a change?

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## Stage 4 Action

What challenges do you expect to face and how will you overcome them?

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## Stage 5 Maintenance

Which changes in your action plan have you found to be most helpful?

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## Stage 6 Relapse

Why do you think you had a relapse?

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