Name:	Date:

Addiction Stages of Change Worksheet

1. Precontemplation

Description: In this stage, the individual does not recognize the need for change or is unaware of their addiction.

Questions to Reflect:
Do you think you have a problem with addiction?
What are some reasons you might not want to change?
What do your friends and family think about your behavior?

Answer these questions on another paper.

2. Contemplation

Description: The individual starts to recognize the problem and begins to think about solving it but is not yet committed to taking action.
Questions to Reflect:
What are the pros and cons of continuing your current behavior?
What are the pros and cons of changing your behavior?
What would motivate you to change?

Answer these questions on another paper.

3. Preparation

Description: The individual is ready to change and starts planning to take action.

Questions to Reflect:
What steps can you take to address your addiction?
What resources or support do you need to make this change?
How can you overcome obstacles that might come your way?

Answer these questions on another paper.

4. Action

Description: The individual actively takes steps to change their behavior.

Questions to Reflect:
What specific actions are you taking to overcome your addiction?
How are you dealing with challenges or temptations?
Who can you reach out to for support during this time?

Answer these questions on another paper.

5. Maintenance

Description: The individual works to sustain the changes made and prevent relapse.

Questions to Reflect:
What strategies are you using to maintain your new behavior?
How do you handle situations that might trigger old habits?
What can you do to stay motivated?

Answer these questions on another paper.

6. Relapse

Description: The individual might experience a return to their addictive behavior. This is often part of the process and not a failure.
Questions to Reflect:
What triggered the relapse?
What can you learn from this experience?
How can you get back on track and prevent future relapses?

Answer these questions on another paper.