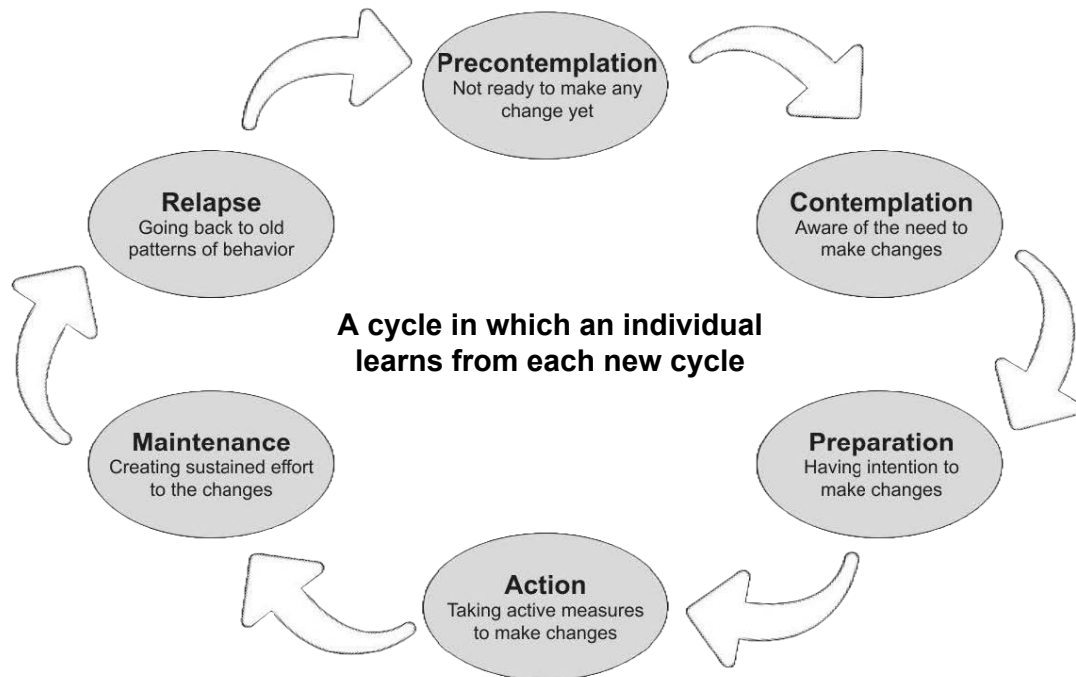


Stages of Change Worksheet

Name:	Attending practitioner:
Age:	Date:



Stage 1. Precontemplation

Date completed:

Do you find yourself ignoring or denying a problem in your life, or do your friends and family think you are ignoring a problem? If yes, please explain:

Is this problem affecting others or yourself negatively?

Stage 2. Contemplation

Date completed:

Why should you make positive changes to alleviate this problem?

What are some of the potential consequences of making changes to alleviate this problem?

How are you feeling about this issue right now?

Stage 3. Preparation

Date completed:

What challenges do you need to overcome?

What do you need to do to prepare to face these challenges?

What small actions can you take now that will make change easier?

Stage 4. Action

Date completed:

Describe your plan of action? Include a rough timeline if applicable:

Do you have a support system? How can they help you?

What will you do if you encounter roadblocks or setbacks?

How are you holding yourself accountable?

Stage 5. Maintenance

Date completed:

What action steps worked?

What action steps didn't work?

What adjustments will you make?

Maintenance (continued)

Date completed:

What have you found challenging?

How will you sustain your changes over time?

Stage 6. Relapse

Date completed:

Relapse is a normal part of the process of change. Identify the factors you think led to relapse:

How do you feel about your relapse?

What can you learn from your relapse?

Describe your plan of action to get back on track:

Additional notes