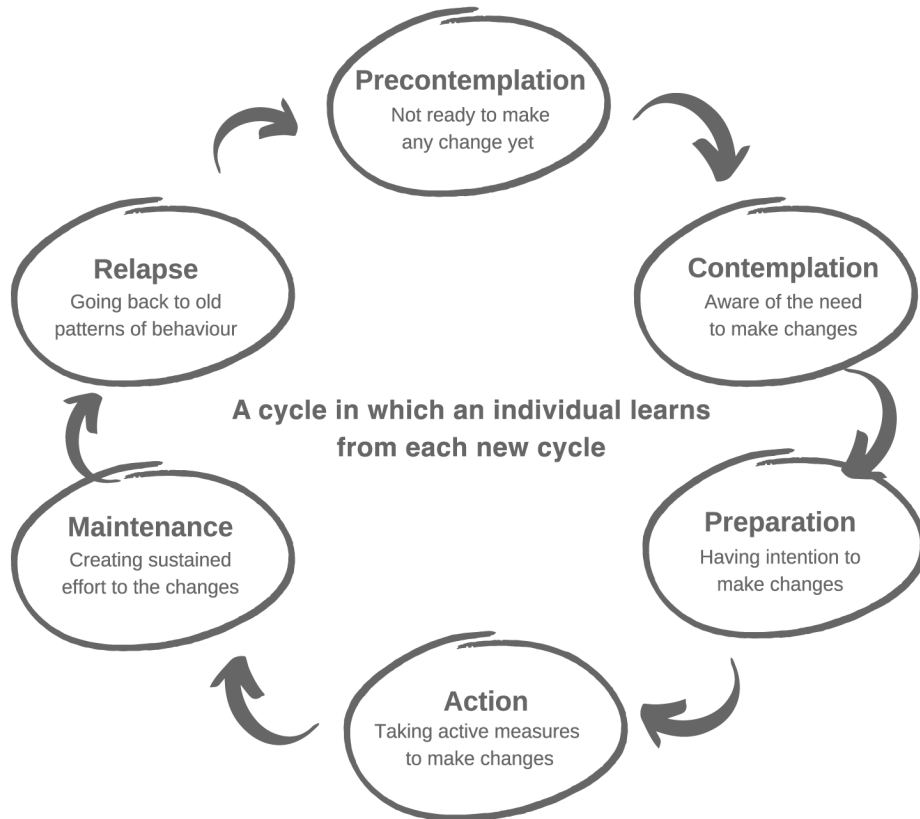


Stages of Change Worksheet

Name

Date



Precontemplation

Do you find yourself ignoring or denying a problem in your life? If yes, explain

Is this problem affecting others or yourself negatively?

Contemplation

Why should you make positive changes to alleviate this problem?

Why shouldn't you make positive changes to alleviate this problem?

How are you feeling right now?

Name	Date
Preparation	
What challenges do you need to overcome?	
What steps should you take to make a change?	
Action	
Describe your plan of action	
Do you have a support system? If yes, please elaborate	
What will you do if you encounter roadblocks?	
How are you holding yourself accountable?	
Maintenance	
What action steps worked?	
What action steps didn't work?	

Name	Date
Maintenance (Continued)	
What have you found challenging?	
How will you sustain your changes overtime?	
Relapse	
Why do you think you relapsed?	
How do you feel about your relapse?	
What can you learn from your relapse?	
What is your plan of action to get back on track?	
Additional Note	
Signature	Date