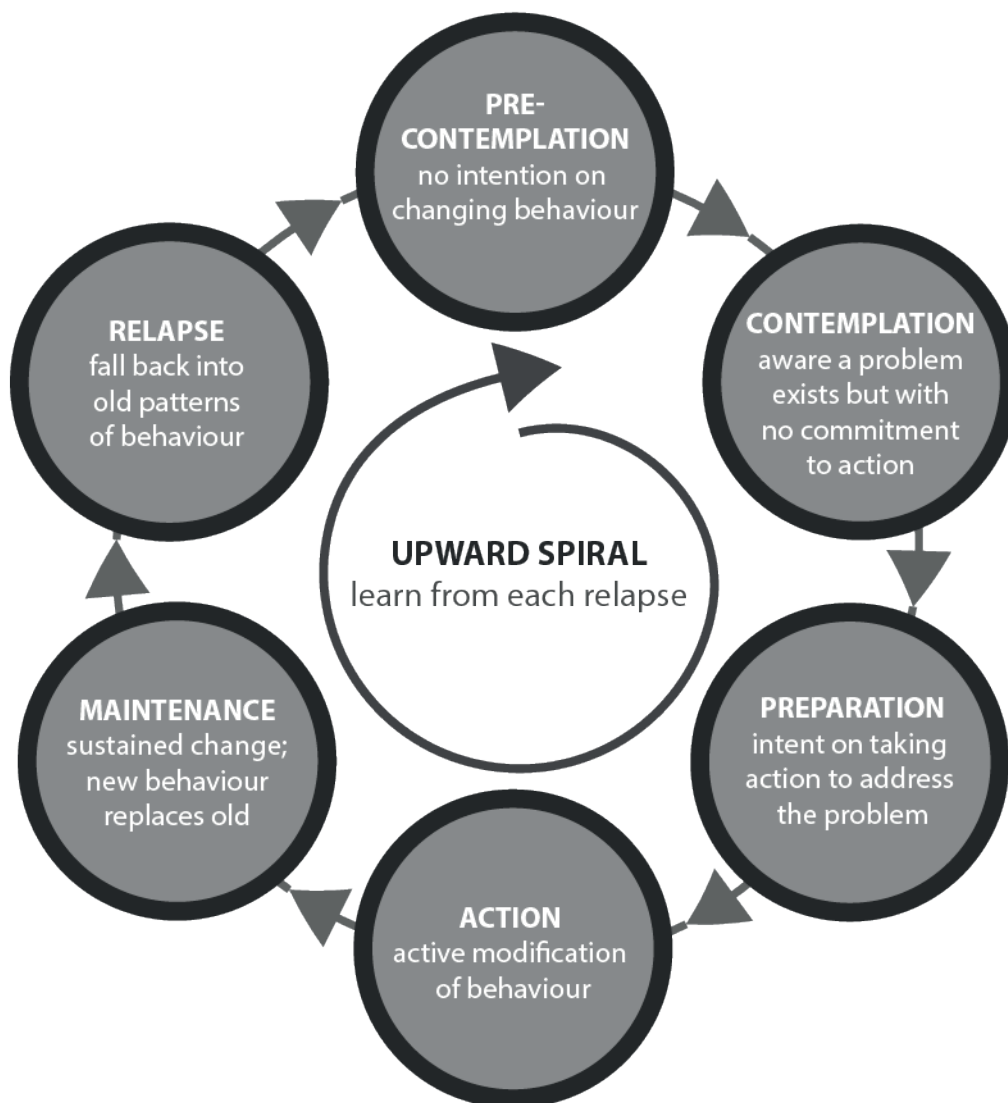


## The Cycle of Change



This cycle is used for people using substances to explain the change process.

There are six stages:.....

- |          |                           |   |
|----------|---------------------------|---|
| <b>1</b> | <b>Pre-contemplation:</b> | I am not thinking of making any changes and I don't think I need to change. I don't have a problem with alcohol or drugs. |
| <b>2</b> | <b>Contemplation:</b>     | I recognise that there is a problem with alcohol or drugs, and I am thinking about changing.                              |
| <b>3</b> | <b>Preparation:</b>       | I am getting ready to change. I have thought about the changes that I need to make with drugs or alcohol.                 |
| <b>4</b> | <b>Action:</b>            | I am changing. I have stopped/cut down on using drugs or alcohol.   |
| <b>5</b> | <b>Maintenance:</b>       | I have been able to keep this change for a sustained period and have been abstinent from drugs or alcohol for some time.  |
| <b>6</b> | <b>Relapse:</b>           | I have relapsed and gone back to using drugs or alcohol.  |

## Exercise

# My place on the 'Cycle of Change?'

People who use drugs or alcohol go around this cycle seven times on average before they go from **maintenance** to **long-term change**.

Talk with your social worker about the questions below to explore this for yourself.

Where do you think you currently are on the cycle of change?

Where would you like to be on the cycle of change?

What can you do to get to where you want to be on the cycle of change?

Who can support you with getting to where you want to be on the Cycle of Change?