

# the stages of change

for parents of kids misusing drugs  
or alcohol

# the stages of change

## stage 1

### pre-contemplation

denial of a problem, refusal to change, change the topic when you want to talk about it

## stage 2

### contemplation

I'm tired of this, I feel stuck, starting to think about making change, some day I'll change. Ambivalence is common.

## stage 3

### preparation

Planning to take action and making final adjustments before they begin to change behavior. Haven't resolved their ambivalence. Still need a little convincing.

## stage 4

### action

Modifying their behavior and surroundings. Making the moves they have been preparing in stage 3. Requires the greatest commitment of time and energy.

## stage 5

### maintenance

Change doesn't ends with action. Without a strong commitment to maintenance, relapse can happen, usually going back to pre-contemplation or contemplation stage.

## stage 6

### relapse

think of this stage as information, not failure. Find out what it can teach you about triggers and coping skills

# thank you

please join me and a group of  
incredible, passionate and loving  
moms in The Stream, a private  
community for moms of kids  
struggling with substance use

[HOPESTREAMCOMMUNITY.ORG](https://HOPESTREAMCOMMUNITY.ORG)



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