

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 end 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



Brenda Zane, Host,
Hopestream podcast