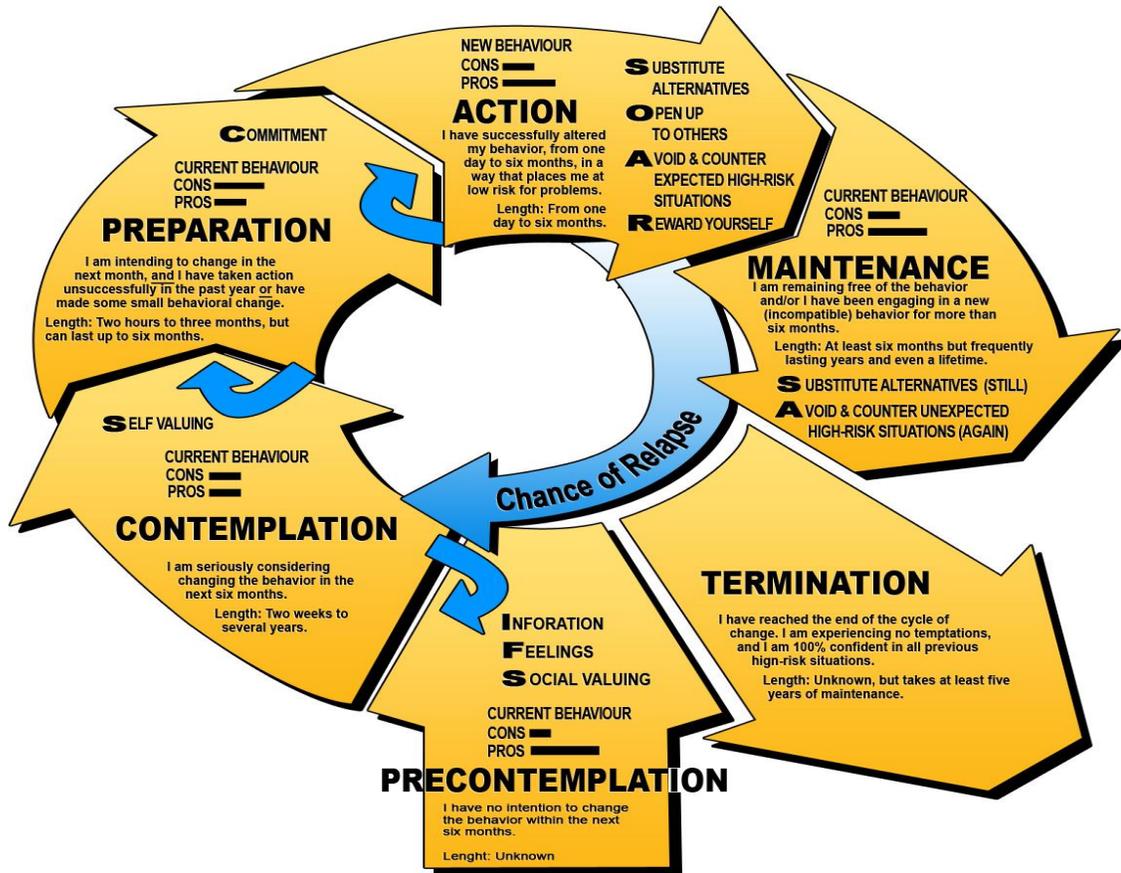


Your Guide to the Stages of Change



Grant Corbett (1995)

What stage of change do you think you are at?

What stage of change do you think your family member is at?

Ways of Supporting Recovery

You are not responsible for the recovery of the person in your family who has a substance use problem.

Your first priority, regardless of what stage of change this person is in, is to:

- Take care of yourself (and your children)
- Get support
- Focus on you own needs and recovery

However, it can be helpful to understand where your relative is with regards to the stages of change, and how you might support him or her at different stages.

Stage of Change	Ways of Supporting Recovery
Pre-contemplation	Focus on raising awareness Educate yourself about substance use, treatment and recovery Provide information about the consequences of his or her substance use in a non-threatening way Allow the person to experience the consequences of his/her substance use <i>Be careful not to reinforce or facilitate the person's substance use</i> <i>Avoid nagging, investigating, controlling, fixing and protecting.</i>
Contemplation	Supporting the person as he/she weighs the pros and cons of substance use Support the person as he/she considers the role or impact of substance use on their future goals and on your future goals Encourage the person to learn from people who are in recovery Help acquire information about substance use problems and treatment Allow the person to experience the consequences of his/her substance use <i>Be careful not to reinforce or facilitate the person's substance use</i> <i>Avoid nagging, investigating, controlling, fixing and protecting</i> <i>Avoid pushing the person toward preparation for change before he/she is ready</i>
Preparation	Support the person in developing realistic expectations and goals Support the person in considering what will need to change Support the person in getting the help that he/she needs Support the person as he/she makes a plan <i>Avoid pushing the person into action too quickly</i> <i>Avoid doing the "preparing" for the person</i>
Action	Celebrate and reinforce small steps Support the person as he/she learns new ways of meeting needs without problematic substance use Support the person in avoiding or dealing with high-risk situations Focus on making changes in your relationship with the person, and in the family, that will support healthier living

	<p>Be realistic about the speed of recovery</p> <p>Help remove problems that may have sustained the person's substance use</p> <p><i>Avoid engaging in all-or-nothing thinking</i></p> <p><i>Avoid viewing lapses as failures or as the loss of past gains. Instead, view them as opportunities for the person to learn from</i></p> <p><i>Avoid investigating and controlling the person's recovery</i></p>
Maintenance	<p>Celebrate and reinforce healthy behavior</p> <p>Celebrate and reinforce progress toward goals</p> <p>Focus on maintaining changes in your relationship with the person, and in the family, that support healthy living</p> <p>Focus on maintaining your own recovery</p>

Supporting Recovery

Your Recovery:

Identify a behavior you would like to change:

Which stage are you in with regard to this behavior:

What approach might be helpful and might move you toward the next stage?

Your Family Member's Recovery:

Identify a behavior you would like the person with a substance use problem to change:

Which stage is the person in with regard to this behavior:

What approach might support the person and his/her movement toward the next stage?

Adapted from Bubbra, S. (2008). Supporting Recovery. In *Families care: Helping families cope and relate effectively* (pp. 271-273). Toronto, ON: Centre for Addiction and Mental Health