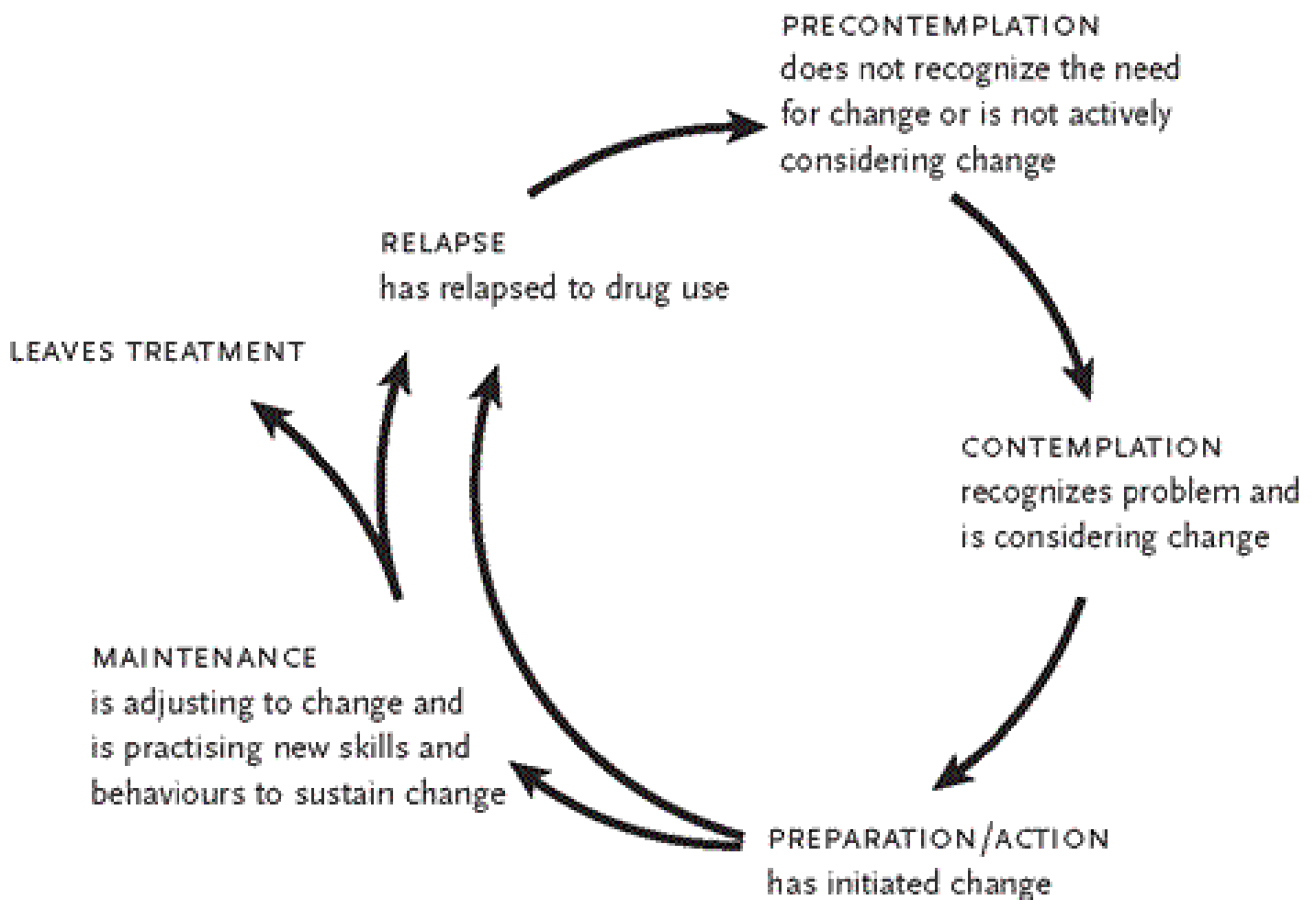


Stages of change



Source: Prochaska, J., Norcross, J. & DiClemente, C. (1995). *Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward*. New York: Avon Books.

People who have a mental health problem, and also engage in substance use, are likely to be more prone to relapse. It may make it more difficult to recover in the long term. It may also increase the chance of physical health problems and difficulties in social relationships, housing and other basic needs.

When looking at substance use, it can be helpful to know that change is often a process of different stages from "not thinking about it" to "making a decision", and beyond. During this journey it is not uncommon to go backward and forward through the stages until you experience long-term change. Although others can assist you through the stages, it is important that the decision to change comes from you; long-term behaviour change cannot be externally imposed.

Pro's and Con's of Substance Abuse:

It is normal to have mixed feelings about making any changes to your substance use, or even to not want to change. However, there are always pro's and con's of substance use. It can be useful to look at these factors by listing all the things you like about your substance use and the things you don't like and rating their importance.

Ask your worker to explain the stages of change cycle.

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

*What are you doing now?
How are you doing it?
Are you safe?*

What would help you get ready to change?

Write a list of pro's and con's about your substance use.

This worksheet needs to accompany the :

- Dual Diagnosis Alcohol and Other Drugs Screening Module A.
- Assessment Modules B and C.