

**Adapted while working for HAZELDEN CENTER FOR YOUTH AND FAMILIES, D. Hadden**  
**Recovery is all about change. There are however stages of readiness to change. There are 5 of them. Where are you at right now?**  
**(Prochaska) <http://www.uri.edu/research/cprc/TTM/StagesOfChange.htm>**

**Personal Recovery-Driven Model**

- Recovery does not work unless you are driven and develop a plan for living. The goals of the plan are to help you build health confidence, gain experience functioning in the sober world, evaluate strengths and weaknesses, and adequately prepare for meaningful work.<sup>22</sup>

Pre-contemplation:	<ul style="list-style-type: none"> <li>• No plans to change in the near future</li> <li>• Do not feel the need to change.</li> </ul>	<ul style="list-style-type: none"> <li>• Feel forced into treatment</li> <li>• My drug problem is really not that bad.</li> <li>• There are into changing as long as the pressure is on. When the pressure is off they return to their old ways.</li> </ul>	<ul style="list-style-type: none"> <li>• Your friends and family think you have a problem</li> </ul>
Contemplation:	<ul style="list-style-type: none"> <li>• A contemplator is more serious and is considering change seriously within the next 6 months.</li> </ul>	<ul style="list-style-type: none"> <li>• Contemplators are aware that a serious problem exists and are seriously considering change. This stage includes weighing the pros and cons of a problem and the solution.</li> </ul>	<ul style="list-style-type: none"> <li>• They struggle with the positive evaluation of their addiction and the loss they will experience if they overcome the problem.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>• They intend to act within the next month but have not done so in the last year.</li> </ul>	<ul style="list-style-type: none"> <li>• They have taken some small behavioral actions. They have not reached effective action.</li> </ul>	<ul style="list-style-type: none"> <li>• In treatment they struggle in transitioning from step two to step three.</li> </ul>
Action:	<ul style="list-style-type: none"> <li>• Actors have changed their behavior from one day to 6 months.</li> </ul>	<ul style="list-style-type: none"> <li>• They modify experiences, behavior, change of perspective, and environment. It requires time and energy commitment that is substantial. Action is not necessarily change.</li> </ul>	<ul style="list-style-type: none"> <li>• The transition and the ability to work the third step.</li> </ul>
Maintenance	<ul style="list-style-type: none"> <li>• They reach a level of comfort in their program often followed by an awareness of addend issues and needs.</li> </ul>	<ul style="list-style-type: none"> <li>• They begin to contemplate how they could live better and move back to the pre-contemplative phase. Working a basic program they consider how they could grow even further</li> </ul>	<ul style="list-style-type: none"> <li>• They work the steps and apply the program on an ongoing basis</li> </ul>

**The Concept of Transition<sup>22</sup> Transition is a period of movement, not idle waiting.**

