

“Making plans to change” to “Carrying out change”

1. Develop a list of changes you could make in your life
2. What behaviour do you think is better for you long term?
3. Who can help you?
4. What things might get in your way of making this change?
5. Make a realistic and achievable plan.
6. Try the plan out ... test it.

“Carrying out change” to “Living the change”

1. Continue the behaviour that is more helpful for you.
2. Stay aware of possible triggers.
3. Continue to surround yourself with people who give you support and positive reinforcement.



SMART
Recovery

Life beyond addiction

“Stages of Change” Exercises

“Not wanting to change” to “Thinking about change”

Write/draw/review your life story.
How did you get to be here right now?

1. Estimate how much money have you spent on your behaviour of concern?
2. Thinking about a typical day, how much time do you spend thinking about, planning or doing your behaviour of concern?
3. Who or what else is impacted by your behaviour of concern?

“Thinking about change” to “Making plans to change”

Do a good and not so good list of such behaviours
(this will be discussed further in another section).

1. What would your life be like without the behaviour of concern?
2. What are the pros and cons of changing your behaviour? - think about all areas of your life including family, friends, health, education, work, finances.
3. What are some short and long-term goals you could work towards?



The model below shows you the steps in how change happens:



With the particular behaviour you wish to change, can you identify what stage you are in? (Using the above chart)

Once you are clear about what 'stage' of change you are in, on the next page there are some questions which may be helpful for you to explore.