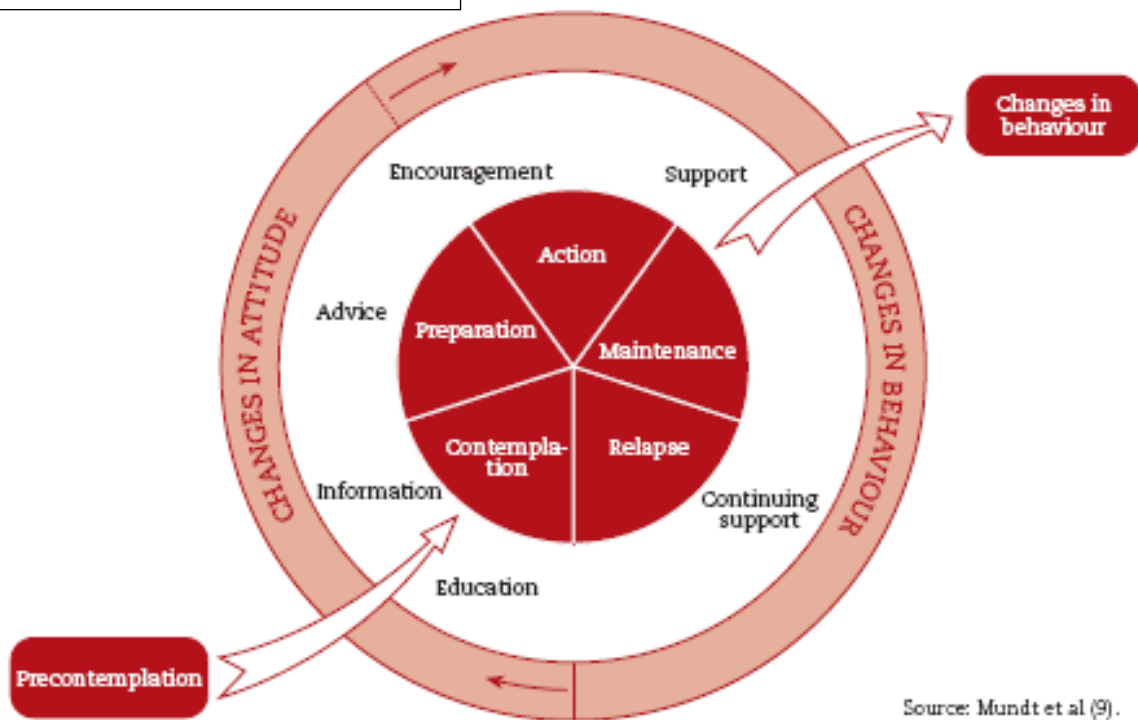


Cycle of change



Precontemplation

This stage is when a person either does not realise they have a problem or has no desire to make changes in their lives. They have not reached the point of wanting to address their substance use and do not see the impact and implications in doing so.

Contemplation

This stage is when someone is starting to think about life without drugs and their addiction and the possibility of stopping or making changes in their lives.

Preparation

This stage is when someone makes the decision to make changes in their lives and puts plans into place i.e. visiting GP, Addiction Services to make preparation to change a reality.

Action

This stage is when someone has decided to make some changes and starts to implement the changes necessary to achieve their goals of being drug free. At this stage the client makes the decision to engage in treatment services to promote recovery.

Maintenance

This stage is when someone continues to engage in treatment and modify behavioural changes in order to maintain recovery. Clients will be engaging in structured appointments with their keyworker.

Relapse

This stage is when someone goes back to drug using behaviour.

Clients can go around the cycle many times when working on their recovery.