STAGE OF CHANGE – Contemplation:

To Change or Not to Change….That is the Question! This month’s Tip of the Month is all about pro-social change! There are several stages of change according to James O. Prochaska and Carlo Di Clemente (Transtheoretical Model). The first stage is Precontemplation. The second stage is Contemplation. For a better understanding of the Contemplation stage, please take a look at the attached Tip of the Month and then read the scenario below.

Suzy is a mother who feels the amount of Vicodin she has been consuming is interfering with her relationship with her children. She has told her husband she would speak to her doctor but consistently “forgets” to do so.

Why is Suzy’s behavior problematic?

What would you say to Suzy regarding her use of Vicodin?

How would you help Suzy see the benefits of changing and the consequences of not changing?