

STAGES OF CHANGE

MAINTENANCE

People at this stage changed their behavior more than 6 months ago. It is important for people in this stage to be aware of situations that may tempt them to slip back into doing the unhealthy behavior—particularly stressful situations.

It is recommended that people in this stage seek support from and talk with people whom they trust, spend time with people who behave in healthy ways, and remember to engage in healthy activities to cope with stress instead of relying on unhealthy behavior.

“I’ve been clean & sober for almost a year!”

“I’ve been working full time for 18 months!”

“I finished a 2-year program & received my clinical discharge!”

What Maintenance stage statements have you heard recently?

EBP TIP OF THE MONTH

SEPTEMBER 2019

