

OCTOBER 2019 TIP OF THE MONTH: STAGES OF CHANGE – Relapse

Here is the last TOM of the Stages of Change:

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, the third stage is Determination, the fourth stage is Action, and the fifth stage is Maintenance. Lastly, there is Relapse. For a better understanding about Relapse, please take a look at the attached Tip of the Month and then read the scenario below.

After successfully quitting a severe Opioid habit, Kitty was sober for over 8 months. Once afternoon she sees an old boyfriend and becomes depressed. Kitty goes to the home of her old drug dealer and obtains five Percocet pills. She immediately takes all of them.

Was Kitty ever in the Maintenance stage? Why or Why not?

Because she went back to using Percocet, does this mean that Kitty must start from the precontemplation stage again? Why or why not?

What are some ways to help Kitty holistically look at her situation?