

EBP TIP OF THE MONTH: OCTOBER 2019

STAGES OF CHANGE



RELAPSE

Relapse in the Transtheoretical Model specifically applies to individuals who successfully quit smoking or using drugs/alcohol, only to resume these unhealthy behaviors. Individuals who attempt to quit highly addictive behaviors such as drug, alcohol, and tobacco use are at particularly high risk of a relapse. Achieving a long-term behavior change often requires ongoing support from family members, a health coach, a physician, or another motivational source. Supportive literature and other resources can also be helpful to avoid a relapse from happening.

“I was clean for 10 years, then I drank.”

“I fell off the wagon again.”

What relapse statements have you heard recently?