Chapter 2: Fill out Exercise 2.4; What Stage- What Strategy

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| EXERCISE | |
| 2.4 | What Stage - What Strategy |

Working in Pairs

Read each of the client statements, determine the stage and then identify a strategy that you would use to move the client to the next stage.

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| Client Statement | Stage | Strategy |
| 1. I can’t stop myself from eating at night. I mean I always have really good intentions and then I find myself sitting there and I just picture how good the pop, chips, chocolate bar are going to taste. I don’t even bother trying to stop myself. | *Contemplation* | *Decisional Balance, Rulers, “How important is it for you to change?”* |
| 2. My doctor really scared me the last time I saw her. I mean she was telling me that I need to lose weight or I could be at risk for Diabetes. I guess I am going to have to take better care of myself. |  |  |
| 3. I find myself getting incredibly stressed out lately and I am really struggling. In the past I would not even think twice  about using marijuana to feel better… but now I really want to manage the cravings- one day at a time. |  |  |
| 4. I don’t care what anyone says to me. I am a positive thinker and I do not believe that smoking is going to lead to health problems. |  |  |
| 5. The whole H1N1 flu situation is all a conspiracy by the drug companies to get us to spend money. There is no way I am getting a flu shot. |  |  |
| 6. I have been really doing well on my exercise program. I have been working out three days a week for a month and I am starting to see some  change. |  |  |