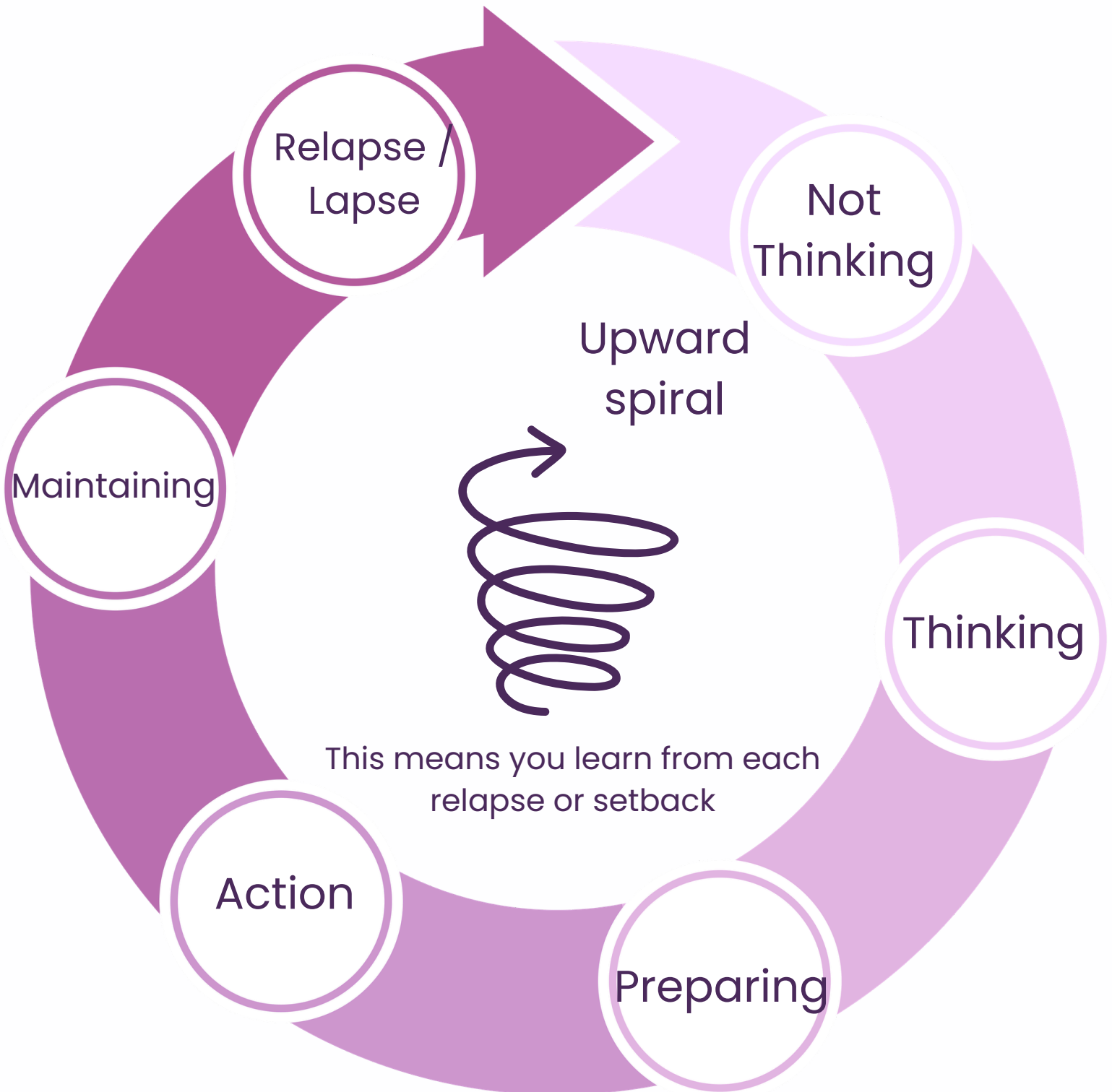




Family Support Link

Supporting families affected by drug or alcohol use

Cycle of Change



What is the cycle of Change?

Not Thinking

“ I don't need to change! I don't have a problem!”

At this stage people aren't thinking about change. They often don't see the need to change,

Thinking

“ I know I need to change, but it's too hard, maybe I'll change later”

People are now starting to think about change but they are still unsure. Their behaviour hasn't changed yet.

Preparing

“ I am ready to start making changes. I know I can do it”

This is when people start preparing or planning to make changes but haven't started yet.

Action

“I am starting to change my behaviours to better myself”

At this stage people are working on changing and trying out new behaviours. This is when you might start noticing changes.

Maintaining

I have worked hard to change. Now I just need to keep going”

At this point people have been sticking to their changes for a while and they are just maintaining those actions.

Relapse/Lapse

“ I made a mistake and slipped back to old behaviours”

Lapses are when someone slips back into old behaviours for a short time and relapses are when people return to their old behaviours for a longer period of time.