



IDENTIFYING MY STAGE OF CHANGE

Stages	Characteristics	Strategy
PRECONTEMPLATION	<ul style="list-style-type: none"> • I'm not yet considering making a change. • I may not be willing to change my behaviors. • I am unaware of all the ways marijuana is harmful. 	<ul style="list-style-type: none"> • Read the "Marijuana – A User's Guide to Stopping" handout. • Ask questions and talk to others about what you've read. • Think about any risks to continuing to smoke.
CONTEMPLATION	<ul style="list-style-type: none"> • I've become aware that marijuana use is a problem. • I might continue to use on and off. 	<ul style="list-style-type: none"> • Identify when and why you smoke (i.e. when you're stressed, angry, in social situations?). • Talk with others about the possibility of stopping. • Recognize the problem. • Think about times you've tried to stop before? What worked and what didn't? • Look at differences between your goals and your current behavior.
PREPARATION	<ul style="list-style-type: none"> • I've made a commitment to stop using. • I recognize that the advantages of changing outweigh benefits of not changing. • I'm setting goals and may tell others about them. 	<ul style="list-style-type: none"> • Ask yourself what steps you will take to stop. • List reasons you may want to stop. • Choose a date to quit. • Set up a change plan with the help of your EAP counselor. • Identify who, in your life, will be supportive.
ACTION	<ul style="list-style-type: none"> • I've begun to pursue a goal. • I'm working on changing my habits. 	<p>Use the "Learning New Coping Strategies" handout.</p>
MAINTENANCE	<ul style="list-style-type: none"> • I am working to prevent using again. • I'm learning how to recognize and anticipate risky situations. 	<ul style="list-style-type: none"> • Have a relapse prevention plan. • Involve people who are supportive of you. • Call the EAP as needed in the future.

*Adapted from *Changing for Good* by James O. Prochaska, PhD, John C. Norcross, PhD, Carlo C. Diclemente, PhD