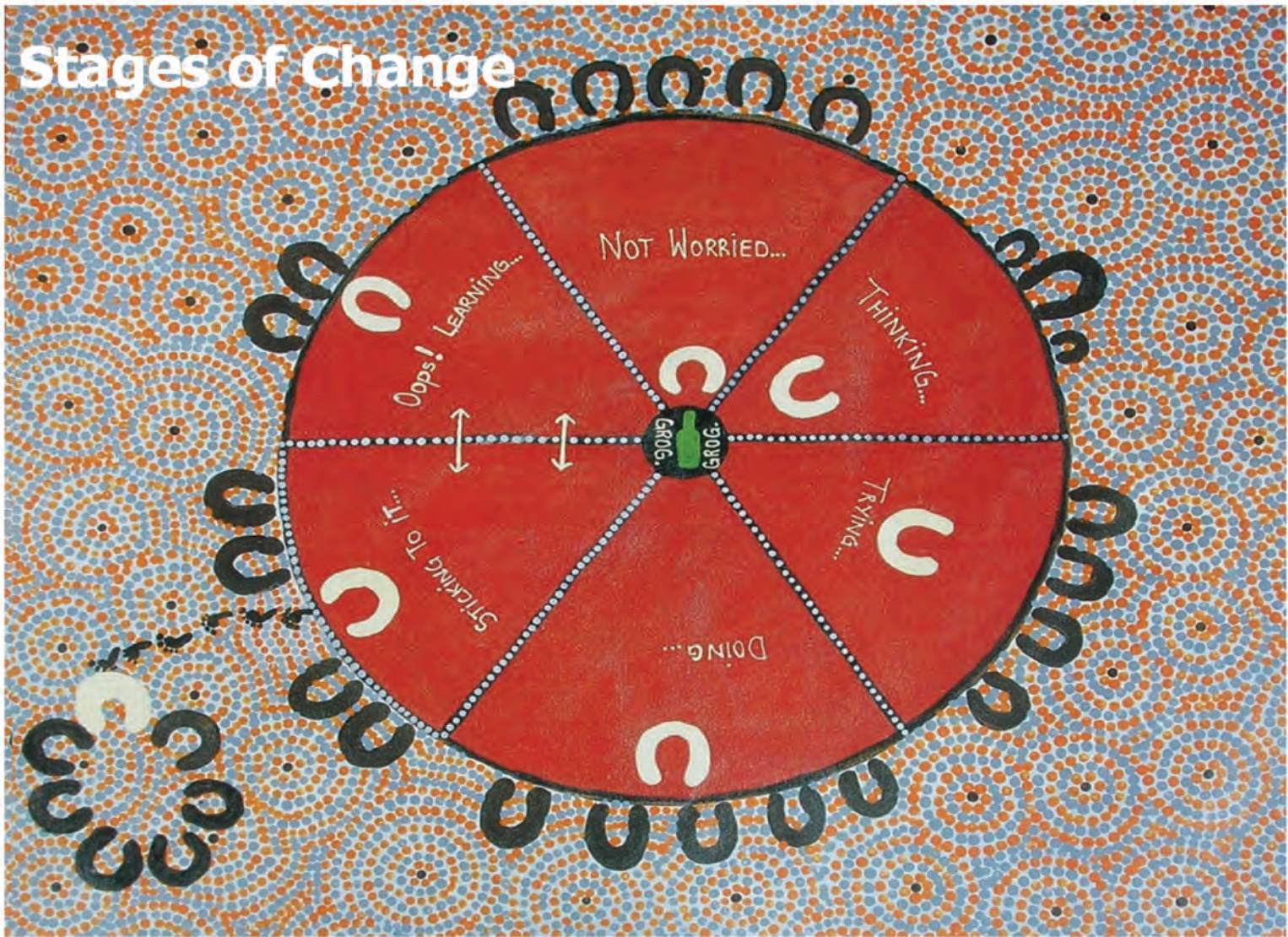


Stages of Change



INDIGENOUS STAGES OF CHANGE STORY

Not Worried (Pre-contemplation)

Drinking has become a problem for the person in the centre of the circle. He or she is too close to the drinking. The drinker isn't worried about his or her drinking. Family member (at the edge of the circle) are worried and wants the drinker to change but the drinker "can't listen"

Thinking (Contemplation)

Something has happened to start the drinker thinking that there is a problem and that not every thing about drinking is good. He or she has started to listen to what family is saying but still is not ready to change

Trying (Determination)

The drinker is halfway between grog and the family. The drinker wants to change and starts making plans to cut down or stop drinking. The person start trying different things like light beer or not drinking on certain days

Doing (Action)

The drinker has made up his/her mind to change. He/she has now cut down or stopped drinking and has moved closer to family. It is still early days but changes have been made

Sticking to it (Maintenance)

The person no longer has a problem with drinking. He/she is sticking to the plan that was made. The problem drinking circle has been left and the person has moved back to family

Oops! Learning (Relapse)

The person has stopped drinking but has not learnt how to "say no" or has found ways to be strong with other drinkers. He/she may start drinking too much again. The person is learning new ways to stay strong. The family is helping the person.

Copied from the Cycle Of Behaviour Change, Living With Alcohol Program; Northern Territory Government 2000
Prochaska, J. O. and C. C. DiClemente (1986). Toward a comprehensive model of change. *Addictive Behaviors: Processes of Change*. W. R. Miller and N. Heather (Eds.), New York, Plenum Press

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