

Accept the person where they are at.

Pre-contemplation: *(Pre = Before, Contemplation = Thinking about change.)*

Helping the person to think about change.

Contemplation: *(thinking about making changes)*

**Helping the person to create a realistic plan,
and empowering them to believe in themselves.**

Preparation & Determination: *(Getting ready to make changes.)*

Allowing the person to go at their own pace.

Action: *(Starting to make real life changes.)*

Providing ongoing support and encouragement.

Maintenance: *(Having a good daily program of recovery.)*

Helping the person learn to self-empower.

Life-long Recovery: *(From recovery to discovery.)*