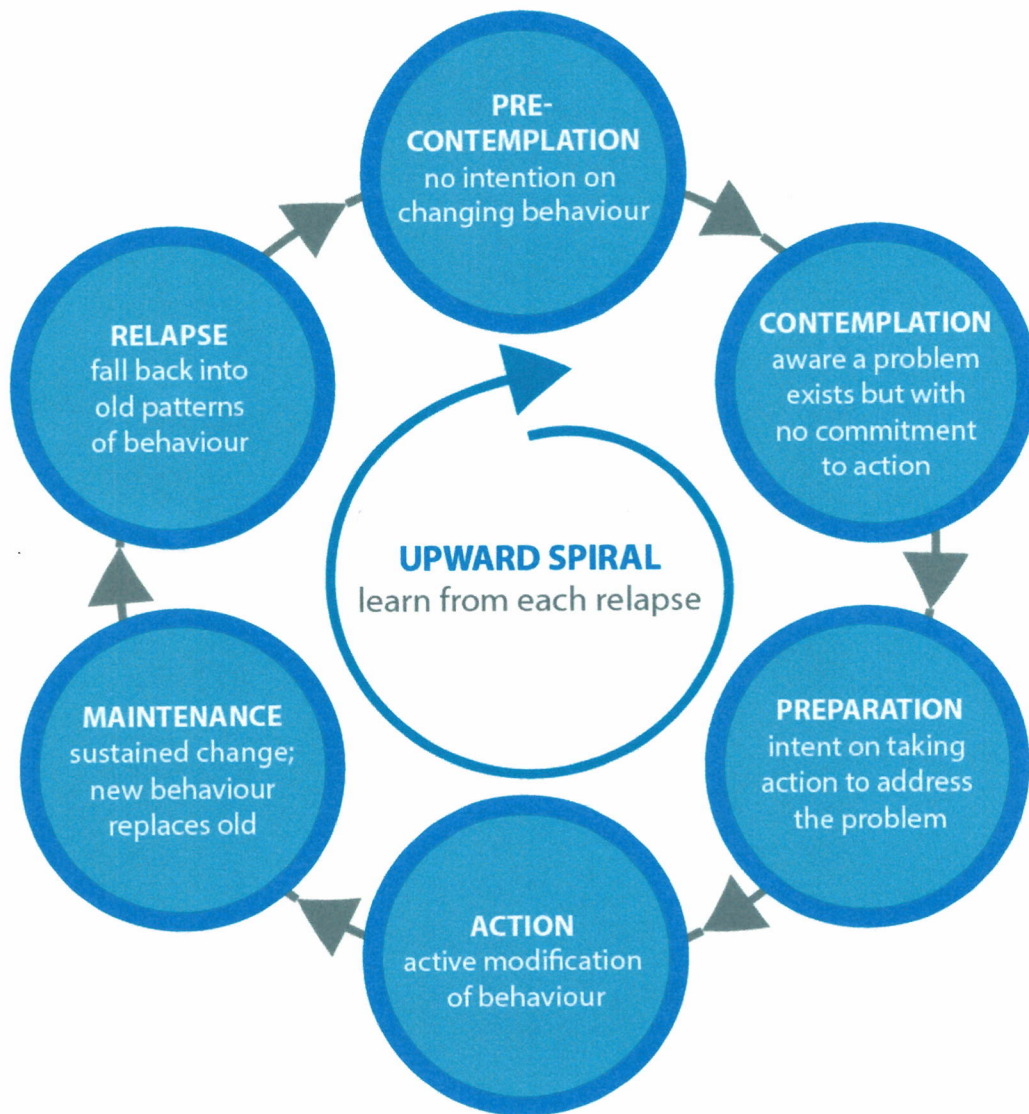


STAGES OF CHANGE



Check Your Understanding: Stages of Change Practice

You are working with a teenager who is failing their math class. Match each statement with its stage of change.

Precontemplation

"I got caught up but fell behind again when I was busy with track."

Contemplation

"I met with my teacher last week, and I was able to hand in three missing assignments."

Preparation

"I don't want to repeat math next year, but my teacher assigns too much work."

Action

"Homework isn't important."

Maintenance

"My late work is turned in, and I'm doing my homework on time."

Relapse

"I might ask my teacher for help."

Check Your Understanding: Reflection Practice

Read the following statements and write a reflection for each one. Your reflection should:

- 1) Guess at the deeper meaning behind the client's statement
- 2) Be a statement (not a question!).
- 3) Not include any opinion, advice, or information.

"I want to do my homework after school, but I need a break. So I get on my phone and start watching TikTok videos...and then it's time for dinner."

"Spending time with my friends is the best, and they love to party. I'd lose them if I stopped drinking."

Check Your Understanding: Change Talk Practice

Read the following statements and write a reflection that includes a question eliciting change talk. Your question should be:

- 1) Open-ended
- 2) Focused on eliciting reasons to change!
- 3) Not include any opinion, advice, or information.

“My friend’s constant problems are stressing me out. I know I should set some boundaries.”

“I hate feeling this way all the time, but nothing seems to change even when I try something different. I don’t know what to do.”
