HOW CHANGE OCCURS

M2M RECOVERY PROJECT
PEOPLE | PURPOSE | A STRONGER TOMORROW

Many models explain behavior change. One of the most widely used in psychology describes change as a process through five stages.

1

PRECONTEMPLATION

Not thinking about change yet
The person may not recognize the behavior as a problem or may not yet see a reason to change.

2

CONTEMPLATION

Recognizing the need for change
The person sees that the behavior is a problem and wants to change, but may not feel ready.

3

PREPARATION

Getting ready to begin
The person intends to act soon and begins planning practical steps toward change.

4

ACTION

Taking specific steps
The person actively changes the behavior through clear, observable choices and actions.

5

MAINTENANCE

Sustaining the change
The person has maintained the change for at least six months and continues working to prevent relapse.

A COMPLEMENTARY MODEL IN SUBSTANCE ADDICTION TREATMENT

SURRENDERING

Another common treatment model centers on the spiritual principle of surrendering - accepting the need for help, releasing the illusion of control, and becoming willing to follow a new path.

AWARENESS CREATES READINESS **ACTION BUILDS CHANGE** **MAINTENANCE PROTECTS PROGRESS**