

LO 2 Stage of Change Matching Activity

Instructions: Provide students with the scenarios listed below and ask them to match the stage of change to the scenario. Stage of change titles may be removed by the instructor.

1. Precontemplation

Maria drinks heavily on weekends but doesn't see it as a problem because "everyone does it." Her family expresses concern, but she dismisses their worries. She has no plans to change her drinking habits. Maria has been charged and convicted of two DWIs (driving while intoxicated over the last two years).

2. Contemplation

James has started to wonder if his daily marijuana use is affecting his job performance. He feels torn—he enjoys using but worries about long-term consequences. He's thinking about cutting back but hasn't decided yet. James significant other ended the relationship due to the marijuana use.

3. Preparation

Sofia decides she wants to stop binge drinking and sets a quit date for next month. She researches local support groups and tells a friend about her plan. She feels nervous but committed to making a change. Sofia is planning to start a family with her partner.

4. Action

David has stopped using cocaine and started attending weekly counseling sessions. He avoids old friends who use and spends more time with supportive family members. He's proud of his progress and focused on staying clean. David recently moved from LA to Pennsylvania to live closer to family and friends that are supportive of his sobriety.

5. Maintenance

Lena has been sober for eight months and continues to attend recovery meetings. She has developed healthy coping strategies and exercises regularly to manage stress. She remains vigilant about avoiding triggers to prevent relapse.