Cycle of Change

Precontemplation
- Not thinking of quitting
- Feel that things are fine
- Do not see a problem

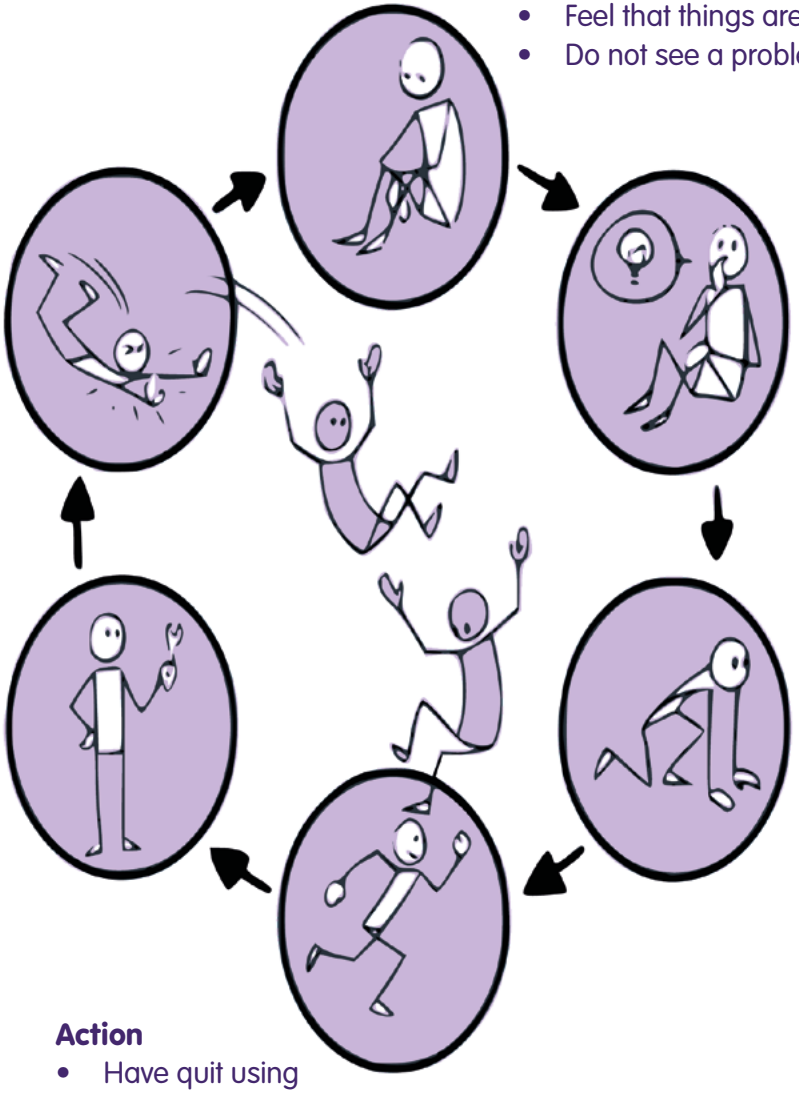
Contemplation
- Thinking of quitting
- Wondering how I affect others
- Maybe trying small changes

Preparation
- Have a plan to quit
- May have 'cut down'
- Can see benefits of quitting

Action
- Have quit using
- Avoiding triggers
- Asking others for support

Maintenance
- No use in a long time
- Accepting myself
- Helping others who are still using

Relapse



HELP TURN LIVES AROUND

DHI Developing Health & Independence