

Preparation for Change

Session 3 – The Cycle of Change

Today's session is about the cycle of change

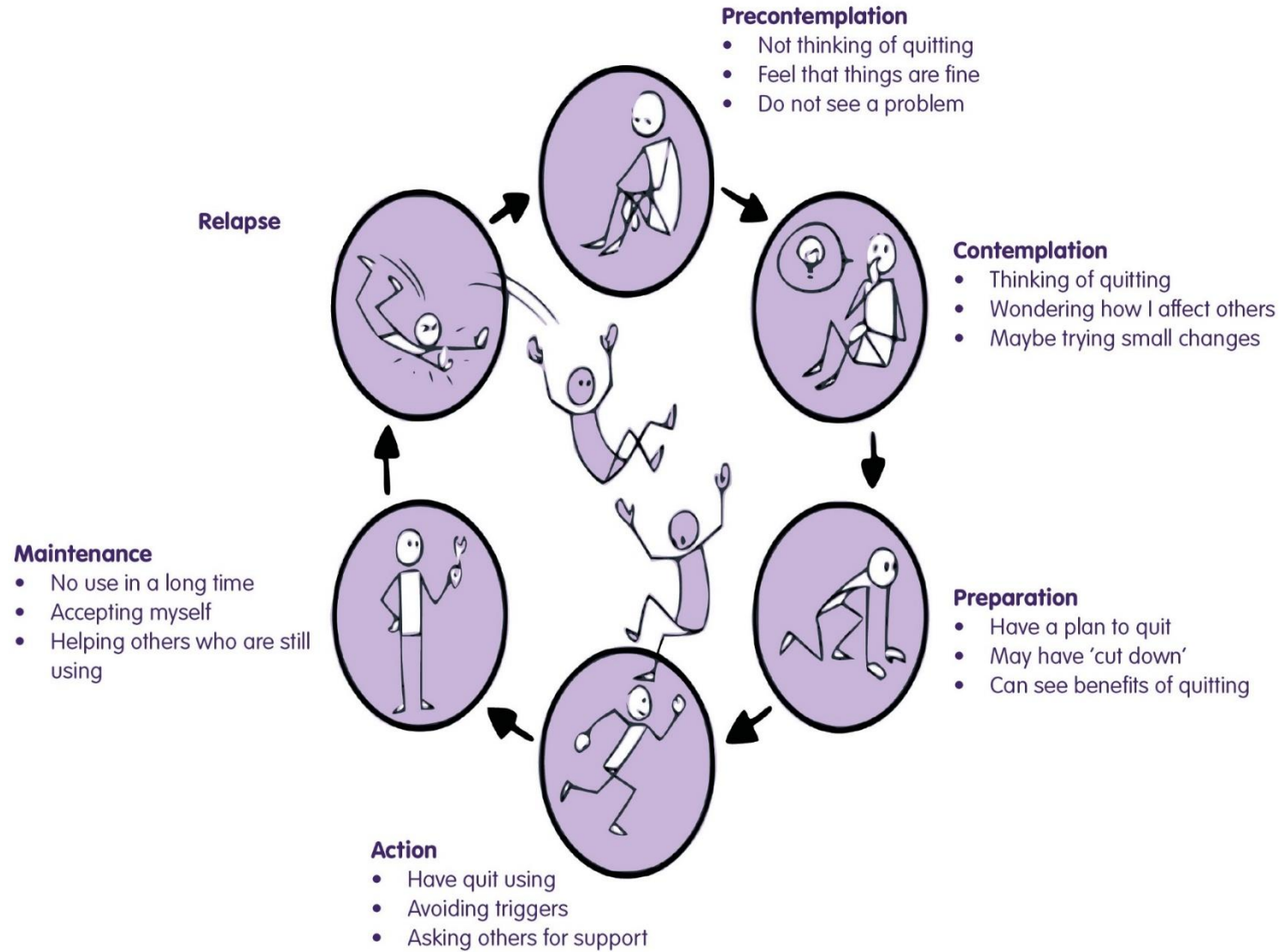
- Welcome
- Introductions
- Group agreements
- The cycle of change
- Our experience of change
- What has helped me to make changes?
- Feedback and reminder about next session

Introductions and check in

Hello! ... anyone new? ... anything changed since last session?

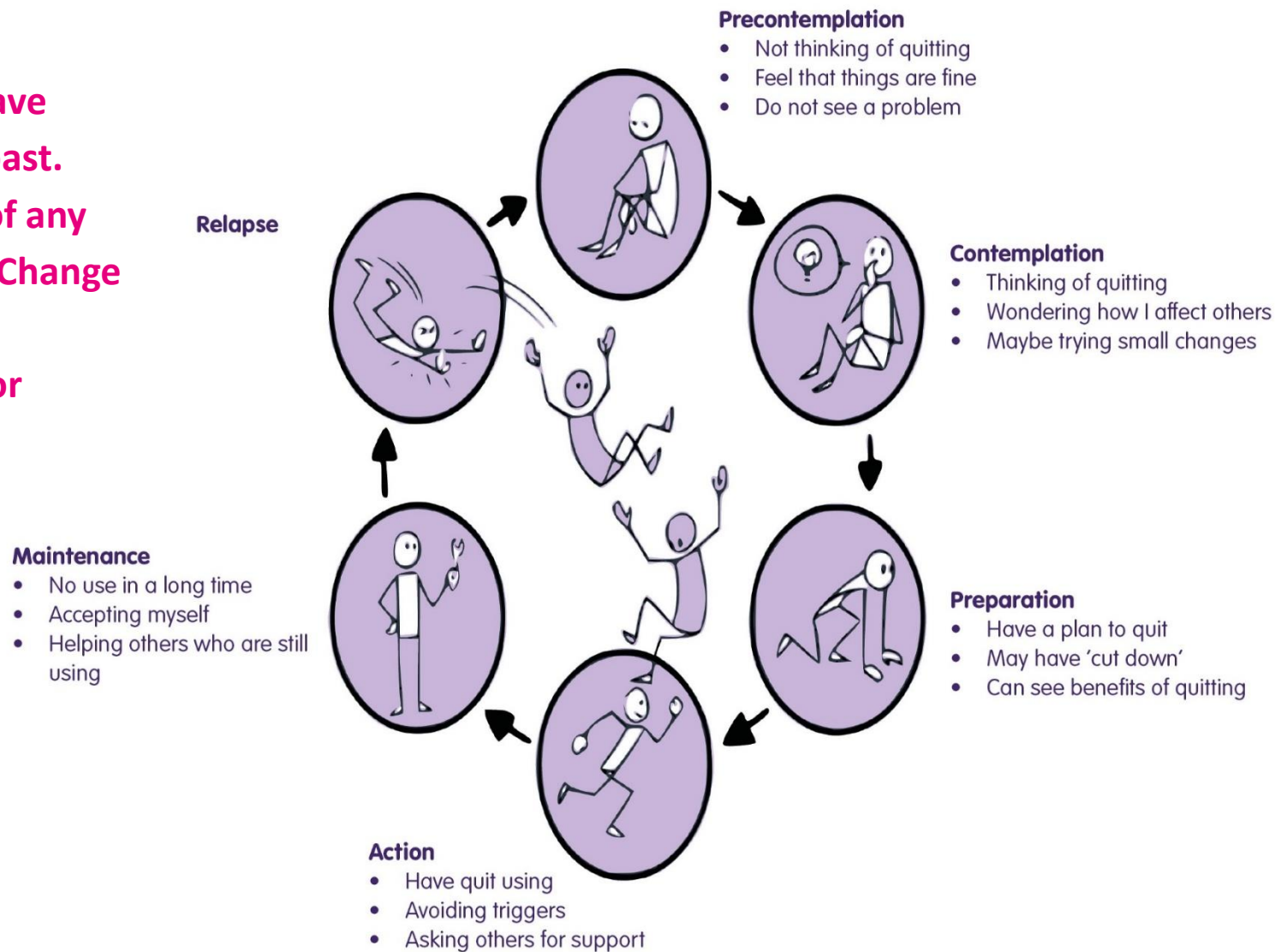


The Cycle of Change



My experience of change (1)

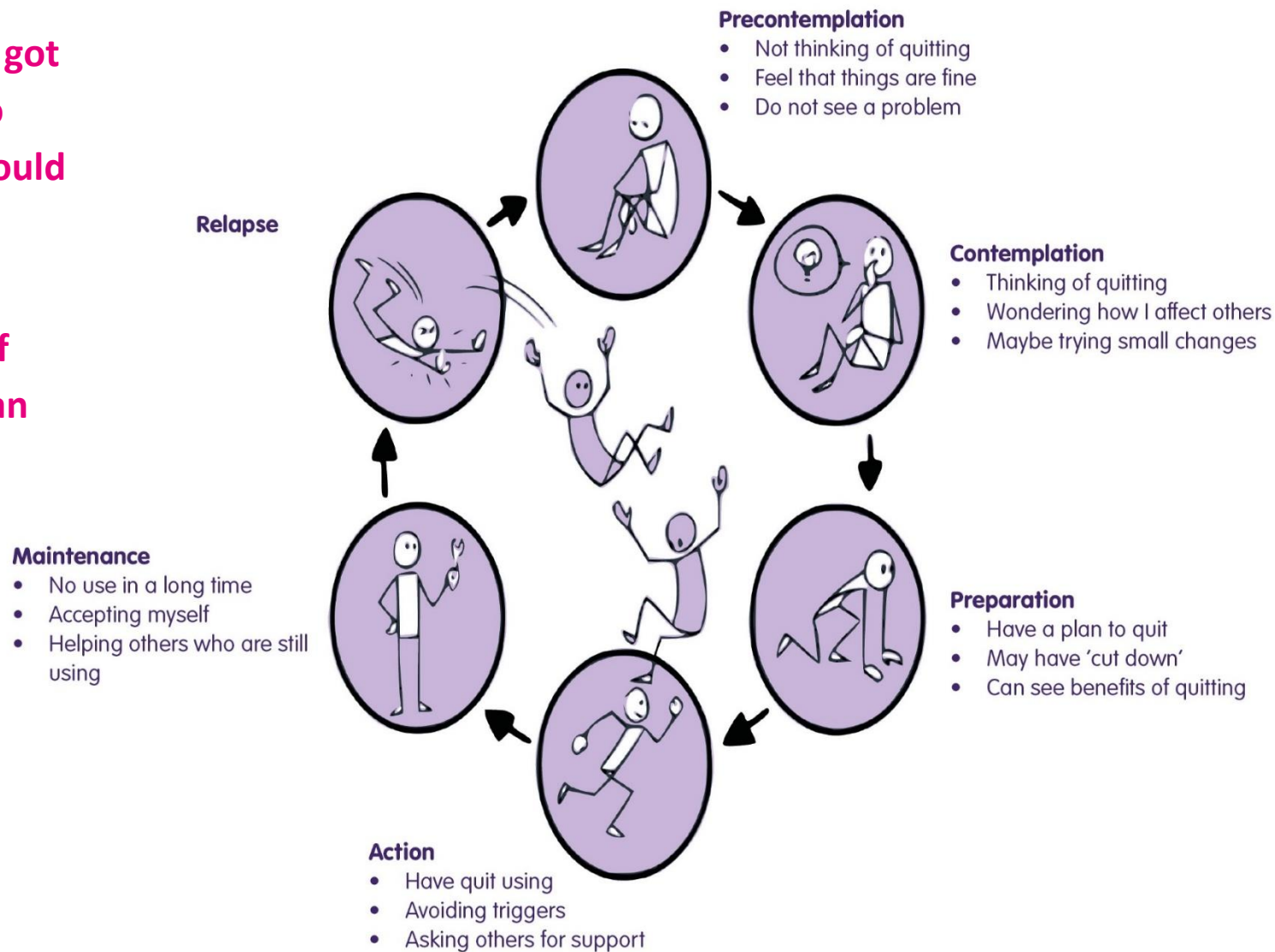
Think about a change you have made/tried to make in the past. What was your experience of any of the stages in the Cycle of Change (could be with drug/alcohol use/smoking/diet/exercise or something else)?



My experience of change (2)

What were the things which got in the way? What did you do well? What did you learn/would you do differently?

What could get in the way of your recovery now? What can you put in place to stop this from happening?



Feedback

- How has today been?
- What gets in the way of change for you?
- Reminder about 'Useful Resources,' and mutual aid
- Where might it be useful to keep the work you've done today?
- Thank you for coming and next session is about 'triggers and strategies'