

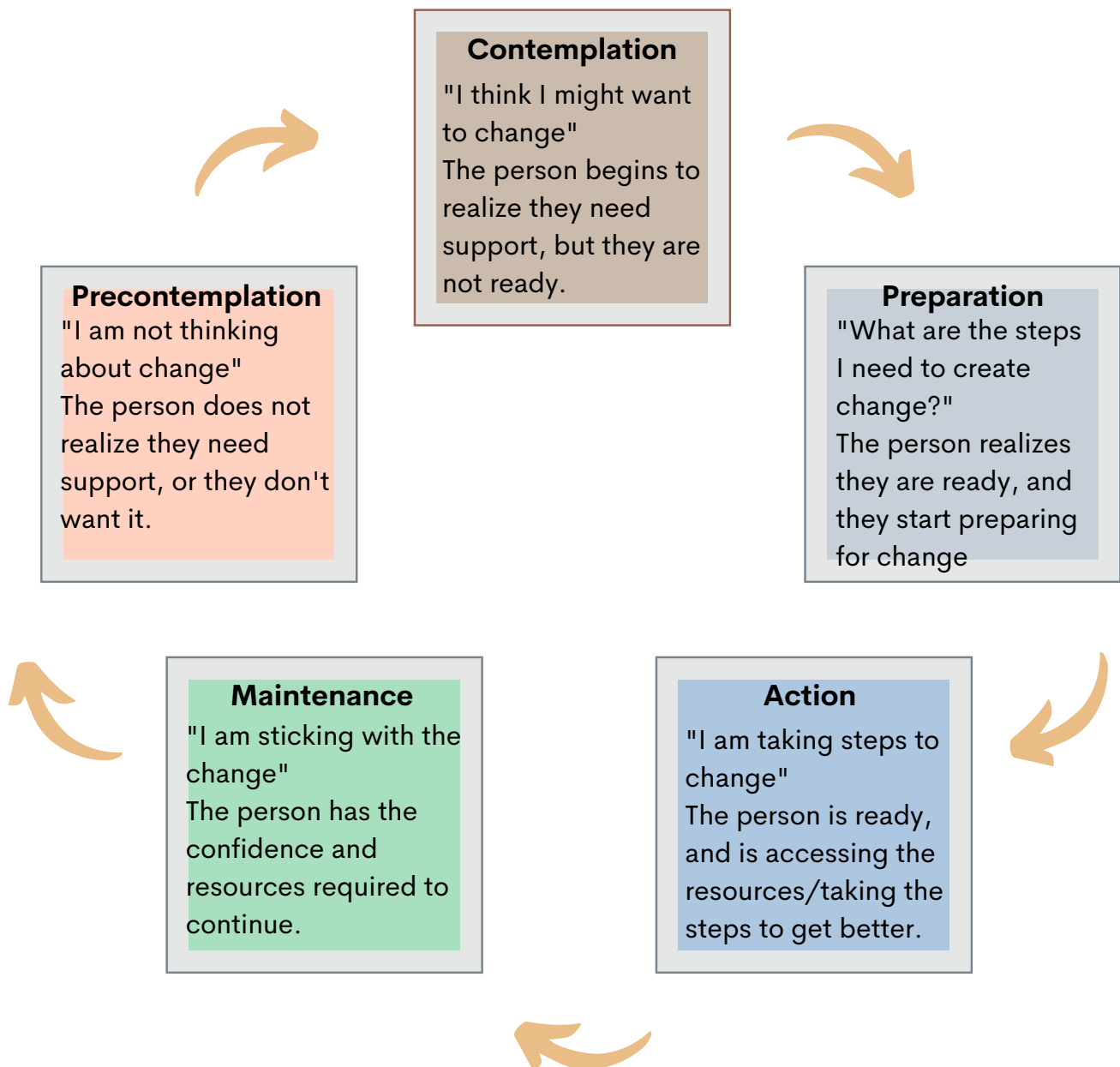


# READINESS for CHANGE

## & HOW TO HELP OTHERS

MINDJOY COUNSELLING & TRAINING [www.mindjoycounselling.com](http://www.mindjoycounselling.com)

Readiness for Change Taken From Prochaska and DiClemente's Stages of Change Model



# How to Support People at Different Levels of Readiness

The following describes how you can adjust your approach to meet people where they are at.

**Please note: Relapse is part of recovery.** This means people can go backward at any stage and this is completely normal. If this happens, normalize the setback by reminding them that relapse is part of recovery. Relapse is only un motivating if we let it have power over us. Remind them of their resilience and help them tap into the reasons why they wanted to change in the first place.

## PRECONTEMPLATION

The person doesn't recognize they need support, or they aren't ready for another reason. To help them, plant seeds about the pros and cons of change (e.g. getting mental health support or not). Do this non-judgmentally and without taking sides. Listen for when they mention other people in their life who have suggested they need to help, and use this to explore the idea of change.

## CONTEMPLATION

The person is more open to the idea of change, perhaps they are starting to recognize they need help. Now you can have more open discussions with them, continuing to talk about the pros and cons of the change. Discuss their fear about getting help. Continue to listen non-judgmentally, let them verbally process with you. Encourage them that it is their choice to change. Try to leverage their values and what motivates them when discussing change.

## PREPARATION

The person is ready and willing to create change, and ready to start putting a plan together. Help them gather information, find resources, and make a plan, or connect them with supports who can help them do this. They may continue to express fears, because it can be overwhelming to prepare for change. Let them vent, listen to their concerns, and provide reassurance that they can do this.

## ACTION

The person is now implementing the plan to create change. This may mean they are meeting with a Counsellor or their Doctor, or are taking other steps toward wellness. In this stage, continue to offer support and resources to help them achieve their plan, and offer loads of encouragement. Just because they are taking steps, does not mean they will get better right away. They need people who will continue to walk with them on this journey.

## MAINTENANCE

The person is doing well with the resources they have or with the help they have received. This may mean they are on helpful medication, or are continuing to meet with a Counsellor. This stage does not necessarily mean smooth sailing, and they may still have struggles with their mental health. Continue to offer support and encouragement, and ensure they have a plan for when they have a rough day.