

Identify the stages of change

PC = Pre-contemplation

A = Action

C = Contemplation

M = Maintenance

P = Preparation

___ I haven't had a drink for a week. I feel good about it.

___ I drink, but not more than anyone else does. There's nothing wrong with having a few drinks

___ The last six months have been different. My friends notice that I seem happier and am acting differently. This was probably a good decision for me

___ I really don't understand what all the fuss is about. I know all about alcoholism and I don't have a problem. I've dealt with it my whole life.

___ I only drink beer, so I don't have an alcohol problem.

___ All of my friends drink way more than I do, so what's the big deal?

___ I don't really want to have to keep doing this, maybe there's something wrong. What's talking to someone going to do to change things?

___ I've decided that I want to stop hanging out with my friends that drink all the time. That might be a good start to help cut down on my drinking.

___ I have been thinking about how I keep getting in trouble and I really want things to be different. I'm not going to drink for a few days.

___ It's been great using the new skills I've learned. I think I'm doing pretty well.

___ I was so embarrassed about what happened at that party last weekend. What should I do about it?

___ This drinking has me getting to class late. I think I might need to think about changing something.

___ I'm going to not drink this weekend and see what happens.

___ I haven't had a drink for 2 weeks, so that proves I can stop whenever I want.