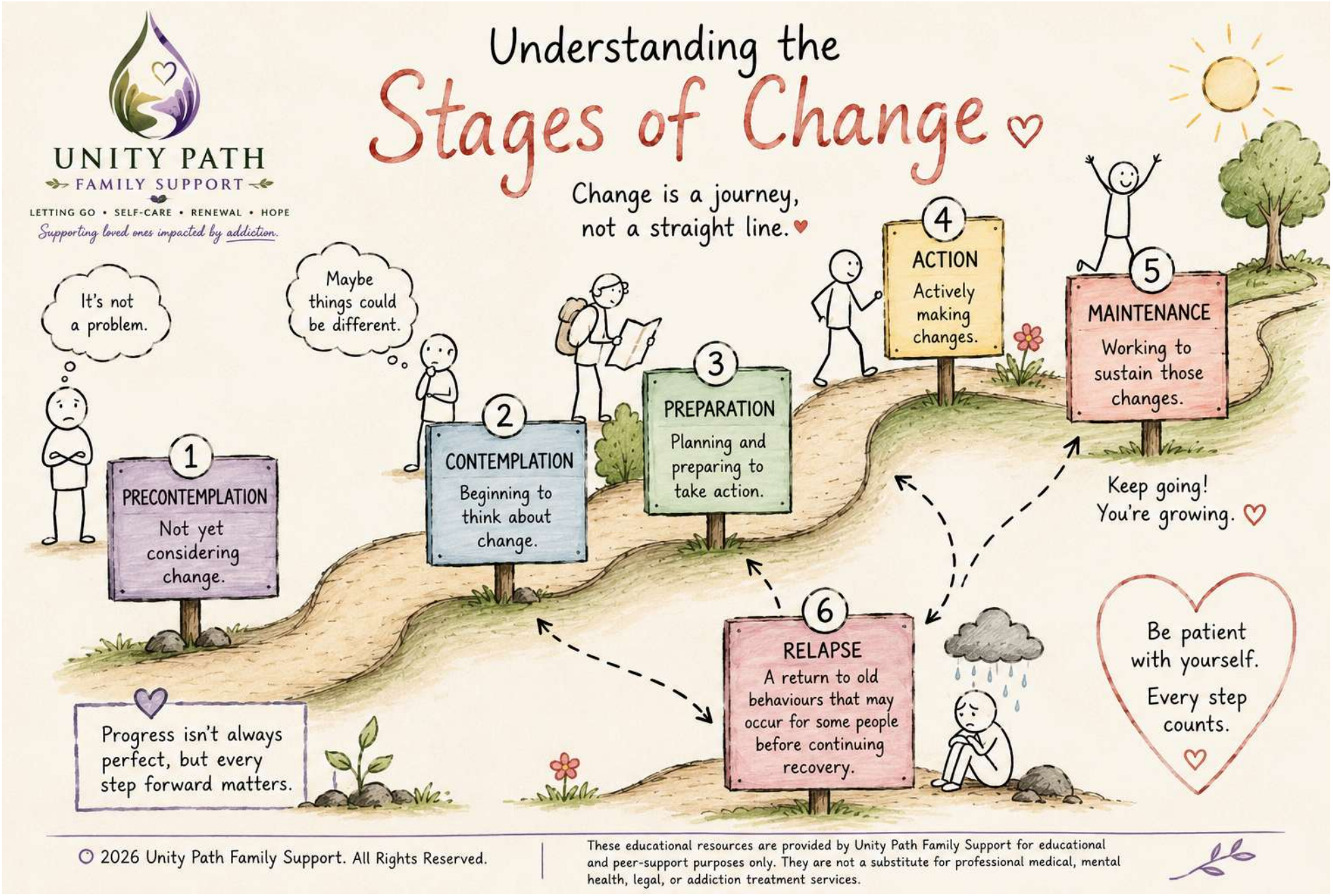

UNITY PATH
FAMILY SUPPORT
LETTING GO • SELF-CARE • RENEWAL • HOPE
Supporting loved ones impacted by addiction.
Understanding the
Stages of Change
Change is a journey, not a straight line.
It's not a problem.
Maybe things could be different.
1
PRECONTEMPLATION
Not yet considering change.
2
CONTEMPLATION
Beginning to think about change.
3
PREPARATION
Planning and preparing to take action.
4
ACTION
Actively making changes.
5
MAINTENANCE
Working to sustain those changes.
Keep going! You're growing.
6
RELAPSE
A return to old behaviours that may occur for some people before continuing recovery.
Be patient with yourself.
Every step counts.
Progress isn't always perfect, but every step forward matters.
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