UNITY PATH
FAMILY SUPPORT

Understanding the STAGES of CHANGE

Recovery is a Journey, Not a Single Decision.

Change doesn't happen all at once. It's normal to move forward, hesitate, and sometimes take a step back.

Every step counts. Wherever you are today, there is hope.



You're not alone.
Support is available.
Change is possible.

1 NOT YET READY

You may not feel your substance use is a problem or may not believe change is necessary.

You might be thinking:

- "I'm fine."
- "I can stop when I want."
- "It's not affecting anyone."

A small next step:
Learn more about addiction and recovery without pressuring yourself to make a decision today.

2 THINKING ABOUT CHANGE

Part of you wants something different, while another part feels unsure.

You might be thinking:

- "I'm tired of this."
- "Maybe I need help."
- "What if I can't do it?"

A small next step:
Talk to someone you trust or explore recovery resources.

3 GETTING READY

You've decided you want to make a change and are beginning to plan.

You might:

- Look into treatment or support groups.
- Contact a healthcare provider.
- Tell someone about your goals.

A small next step:
Choose one realistic action you can take this week.

4 TAKING ACTION

You're actively making changes to support your recovery.

This may include:

- Attending treatment
- Meeting with a peer supporter or counsellor
- Building healthier routines
- Avoiding situations that increase the risk of using

Remember:
Progress matters more than perfection.

5 MAINTAINING RECOVERY

Recovery is an ongoing journey that grows stronger with support and healthy habits.

Helpful reminders:

- Stay connected to supportive people.
- Celebrate small victories.
- Ask for help when you need it.
- Be patient with yourself.

One questino to take with you:

Where am I today, and what's one small step I can take toward the life I want?

Every positive step counts.

If You Experience a Setback



A setback doesn't mean you've failed.

Many people experience challenges during recovery. What matters most is learning from the experience and taking the next positive step.

Recovery is about moving forward — not being perfect.

NEED SUPPORT NOW?

If you are in crisis or need immediate assistance, please reach out.

- Call **988** (Suicide & Crisis Lifeline) or your local crisis line
- Text **HOME** to **741741** (in Canada) for 24/7 crisis support
- Call **911** or go to your nearest emergency department

UNITY PATH
FAMILY SUPPORT

Peer Support. Encouragement. Hope.

This resource is for educational and peer support purposes only and is not a substitute for medical advice, diagnosis, or treatment. If you are in crisis or need immediate medical assistance, contact your local emergency services or a healthcare professional.

unitypathfamilysupport.ca