
Assessing Your Stage of Change Worksheet

Answer the following questions to help you determine where you are in your change process. Remember, progress is any movement through one stage to the next. Aim for change, not perfection! Place a check mark (✓) in the appropriate box for each question.

	Absolutely Yes	Probably	Not Sure	Absolutely Not
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Precontemplation/contemplation stages

1. Do you think you have a problem with alcohol, tobacco, or other drugs?
2. Are you clear about why you want to quit using substances?

Preparation stage

3. Are you willing to make a commitment to quit using within the next month?
4. Do you know what steps to take to stop using on your own?
5. Do you need to be detoxified from alcohol or other drugs to stop using?
6. Have you told others (family, friends, etc.) about your desire to change your problem with alcohol or other drugs?

Action stage

7. Do you have a strong commitment to quit alcohol or drugs and stay sober?
8. Do you need to change people, places, or things to help you stay sober?
9. Do you need to learn to control your thoughts and cravings for substances?
10. Do you need to address the effects of your substance use on your family or other relationships to increase your chances of staying sober?
11. Do you need to address new ways of dealing with upsetting feelings to increase your chances of staying sober?
12. Are you willing to participate in self-help groups or other forms of social support to increase your chances of staying sober?

Absolutely Yes	Probably	Not Sure	Absolutely Not
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Maintenance stage

- 13. Do you know the warning signs of a potential relapse and have strategies to help you cope with these **before** you use alcohol, tobacco, or other drugs again?
- 14. Do you know your personal high-risk factors that make you feel vulnerable to using substances and have strategies to cope with these?
- 15. Do you know what steps to take should you actually go back to using substances following a period of abstinence?
- 16. Is your life generally in balance?

There are no questions about the termination phase because we assume that you would not need this workbook if you were in that phase of change.