

## Stages of Change Activity

### Directions:

Read each scenario below and decide which stage the person is in.

### Scenario 1:

Gwen is a single mother to 2 small children who has been drinking everyday (she does not disclose how much) and smoking a pack of cigarettes each day for the last 15 years. She is also living with her cousin in a small mobile home while she goes to community college at night. She works during the day at a small diner near where she is staying. She has been referred into the Care Management program by her case worker at the housing agency. You meet her for the first time at the diner while she is on a break. She says that she does want to stop drinking but has not begun to start thinking about quitting. She is mostly concerned with feeding her family and getting out of her cousin's home.

What stage of change does she seem to be in?

What are some of the defining characteristics of people in this stage?

What kind of information would you focus on at this stage?

**Scenario 2:**

Glen is a 45 year old man who has is obese, has diabetes, and high blood pressure. He says he knows that he needs to eat better and exercise. He reports that he does take his medications “most of the time”, but just can’t seem to get going with an exercise or diet plan. His daughter is getting married in a year and he would really like to be able to dance with her and enjoy the day.

What stage of change does he seem to be in?

What are some of the defining characteristics of people in this stage?

What kind of information would you focus on at this stage?

**Scenario 3:**

Lilly is a 55 year old woman who was referred to the Care Management program by her psychiatrist. She was diagnosed with bi-polar disorder when she was in her 20's but has only started on medication and therapy in the last few years. She was homeless for many years and worked as a sex worker to support herself. During this time, she also became addicted to alcohol and heroin. She has four children who do not live with her. She is hoping to get them back soon and has committed to taking her medications, going to NA (she has been sober for 90 days), and building her job skills through job training that she receives through the shelter she is living at.

What stage of change does she seem to be in?

What are some of the defining characteristics of people in this stage?

What kind of information would you focus on at this stage?

**Scenario 4:**

Daren has diabetes, HIV, and had a heart attack 6 months ago. Since then, he had been taking diabetes self-management classes, and working with his health coach often. He had been eating better, exercising, and reducing his stress. He had lost 15 pounds in the last few months and was feeling strong and proud of himself. However, three weeks ago, his mother died suddenly of a stroke. He was very close to his mother and has taken the news hard. He stopped watching what he ate and stopped exercising. He says he feels depressed and lonely. He is not sure what to do.

What stage of change does he seem to be in?

What are some of the defining characteristics of people in this stage?

What kind of information would you focus on at this stage?