

An Exercise in Identifying Stages of Change in Students

Reflect on how the student is talking about changing or not changing in the following statements, using the Stages of Change Model, then classify each statement into one of the following six stages of change:

- PC Pre-contemplation** - no problem recognition and no intention to change
- C Contemplation** - problem recognition, concern about the problem, ambivalence about change.
- P Preparation or Determination** - problem recognition and concern as well as resolve or commitment to change and cooperation with making change plans.
- A Action** in which the student has entered into, continued, and hopefully adhered to a specific change strategy designed to reduce his or her drinking and alcohol-related harmful consequences.
- M Maintenance** in which significant changes in the student's attitudes toward alcohol and drinking behaviors have occurred which the student is trying to sustain.
- R Relapse** in which a student who is abstinent returns to drinking or a student who has been drinking moderately returns to heavy, more risky drinking depending on the student's goal.

In the space provided, place the appropriate letter from above to indicate the stage of change.

1. _____ "I don't need any program to help me control my drinking. I only get in fights when people try to push me around. It has nothing to do with my drinking."
2. _____ "When I landed back in the Dean's office, I swore to myself, that's it! I've got to make some changes in my drinking or I'll get kicked out of school."
3. _____ "I've haven't been drunk or had even one night of heavy drinking for a couple of months now. I hope I can keep this up over Homecoming Weekend."
4. _____ "I really don't want to get in trouble, but I'm not happy about having to go to these counseling sessions."
5. _____ "Even my friends say I'm acting different now. They've notice I don't drink as much as I used to."
6. _____ "It sounds like you think I should stop drinking or at least drink less, look, I may have some problems, but alcohol isn't one of them."
7. _____ "I understand that the way I drink now is not the way I'm going to be able to drink after I graduate and have a job but this is college and the only time I'll get to have fun like this. I'll be able to stop when the time comes."
8. _____ "I'm starting to think that I'd better take a closer look at my drinking."
9. _____ "When I was in high school, my mom would yell at me about drinking, but now that I'm in college, everyone seems to like to get drunk and party, so I feel more 'normal'."
10. _____ "My family says I should enter alcohol treatment for my drunk driving, but I want to talk with you first about what being in treatment would be like."
11. _____ "I'm participating in an alcohol education program where I'm learning a lot about how to stay out trouble with my drinking."
12. _____ "I don't want to quit drinking. I mean, all my friends drink, all the time!"
13. _____ "It was just a few beers; I can't believe that lame cop busted me, but here I am."
14. _____ "It was hard to get the time to do this between classes, my extracurricular activities and my job, but attending those alcohol education sessions is helping me see my heavy drinking in a whole new light."