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Sex, Porn and Masturbation Addiction

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Stages of Change

Get to know each stage so that you can understand where you're at.

Directions: You should know what stage you are currently in. If you are here, you are likely in contemplation, preparation or action. Answer the questions as past tense, present tense (for your current stage) and future tense (for your future stage.)

Stage 1: Pre-contemplation – the stage where users do not even recognize that there is a problem.

What are you saying to yourself that is not true?

What are some consequences of your behavior that you don't see but others do?

Stage 2: Contemplation – this is where the user starts to recognize that there may be a problem and is having thoughts about possibly making a change.

What are the benefits of making this change?

What is your biggest fear about making this change?

Stage 3: Preparation –the stage where the user begins to prepare to change. Maybe they are thinking about setting a date to quit.

What is the first thing you need to do to make this change?

How will you manage your days once you've decided to make the change?

Stage 4: Action -the user is actively participating in a program or has started to obtain sobriety. The user is on day one of sobriety or after.

What steps are you currently taking to make this change?

What do you think your biggest challenge is going to be?

Stage 5: Maintenance -when sobriety has been achieved for some time and the user is working hard on maintaining their sobriety.

What has been your biggest success?

What are some challenges you have faced along the way?

Stage 6: Relapse – when someone has made a change but has fallen back on their old behaviors.

What do you feel lead up to the relapse?

What needs to happen for you to be back in action?
