



Your stage of readiness is:

## PRE-CONTEMPLATION

### “I WON’T” & “I CAN’T”

You may be fine with the way your life is going today and a significant other/s is putting pressure on you to change. Or maybe this isn’t a good time and you need to wait to plan for a change. So, **don’t change anything.**

**Increase your awareness of where you are today.**

Over the next couple of weeks, notice and write down some details about a behavior you might like to change. For example, how are you managing your emotions, relationships, eating, smoking, drinking alcohol, etc....?

- Which days you do the behavior you would like to change?

- On each of those days document what you did, how you felt, what you were thinking, how much did you use, eat, smoke, or otherwise do this behavior?
- Does this behavior cost you money each day? Each week? Each month?
- What other costs have you experienced? For, example, has this behavior created distance between you and a significant other/s or put your job in jeopardy? Or how much has it affected your ability to be a good employee, friend, parent or partner?

### **Start to Get in Touch with the Pros and Cons of doing this behavior**

- What are the pros to things staying the same? Or what do I like about drugs, drinking, gambling, overeating, smoking, etc....?
- What are the cons to things staying the same? Or what are the things that aren't that great about the behaviors in question?
- Reflecting back on your life, when has my life been better? What was different then?
- Are others concerned about my behavior? If so, why?
- If I were to better manage, cut back or quit, how would my life be different?

- What would I miss if I changed my behavior?
- What are some positive things about changing, cutting back or quitting-the things I would look forward to?

Reflect on your responses. Did you learn something new- did anything surprise you? What are your feelings about your responses? Use your responses to answer a final question:

How will I know when it's time to make a change?