



GLIDE Nurturing Emotional Resilience & Authentic Connections

Your stage of readiness is:

Maintenance

“I Have Been”

You have made a meaningful change and sustained it for more than 6 months — that is a real achievement worth honoring. The new behavior has become a part of your life, and your work now centers on protecting and deepening what you have built.

Maintenance is not a passive stage. It is an active and ongoing commitment to the life you have chosen. Staying aware of your triggers, continuing to reward yourself, and building resilience against lapses are the hallmarks of lasting change.

Sustain Your Gains

Lasting change is built on consistency and self-awareness. Use these practices to keep your momentum strong:

- Continue to track your progress, even briefly. Reviewing your journey reminds you of how far you have come and reinforces your commitment.

- Keep your SMART goals active. In maintenance, the goal shifts from achieving change to preserving it — update your short-term goals to reflect this.
- Celebrate milestones. Mark 6 months, 1 year, and beyond. Recognizing your growth is not optional — it is part of the work.

Know Your High-Risk Situations

Even after months of successful change, certain situations can increase the pull toward old patterns. Knowing your personal high-risk situations — before you are in them — is your most powerful protective strategy.

Reflect on the following:

- What people, places, emotions, or events have historically triggered the old behavior?
- What early warning signs tell you that you are moving toward a lapse?
- What coping strategies have worked best for you in the past?
- Who in your life supports your continued growth, and how can they support you?

If a Lapse Occurs

A lapse is not a failure — it is information. The most important thing you can do after a lapse is to return to your plan as quickly as possible, with curiosity rather than self-criticism.

Remember the eggs: if you dropped one egg from a carton, you would not throw the rest on the floor. You would get curious, figure out what happened, and carry the remaining eggs more carefully. A lapse teaches you something — use the Behavioral Chain Analysis Worksheet (see the Action stage handout) to learn from it and strengthen your plan going forward.

Deepen the Change

Maintenance is also a time of deepening. As the new behavior becomes more natural, you can explore what this change means for your identity and your relationships. Ask yourself:

- How has this change shaped the way I see myself?
- What values does this change reflect and reinforce in me?
- What would I want someone I love to know about this journey?

You have done the hard work of changing. Now you get to live it. Continue to hold yourself with the same compassion and commitment that brought you here — your healthiest self is not just in sight; it is who you are becoming.