

Stages of Change and Worker Actions

Based on the “Stages of Change” answer the following questions about the client you have identified:

1. What behavior(s) is the client exhibiting?
2. What stage of change is the client demonstrating? Why do you say this?
3. What role/actions is your worker currently taking?
4. What role/actions would be beneficial to the client?
5. How will you help your worker identify their role/actions with the client?