

Seven Stages of Change

Stage 1: Unaware of the Need to Change

- "Isn't there anything that you would like to change in the way you handle Jon's behavior?"
- "So, you're not thinking that you need any help from anyone at this point as a parent?"
- "Are you completely satisfied with the way you parent Jon?"
- "Do you see this as more of Jon's issue? Do you think he's the one who needs to do all of the changing?"

Stage 2: Thinking about Change

- "If you're not satisfied with the way things have been and wanted to change one thing about your parenting of Jon, what might that be?"
- "What are you thinking might be a safer type of discipline to use with Jon?"
- "What behavior(s) do you think you need to do differently for Jon to be able to come home and be safe?"
- "How could I be of help to you as you continue to be the best parent you can be?"
- "What would you like to do differently when you get upset with Jon's behavior?"

Stage 3: Makes a Plan to Change

- "What are the steps in the plan that you have made?"
- "Do you have a plan to help you make this change?"
- "How will you know you have been successful in making this change?"
- "Which of these steps could I help you to be successful with?"

Seven Stages of Change (continued)

Stage 4: Makes the Change

- "What step are you working on now?"
- "How are you doing with this change?"
- "What are the things that are easy for you to change?"
- "What are the things that you've been finding to be a challenge?"

Stage 5: Maintains the Change

- "What are you doing to keep the change going?"
- "How have you managed to keep from relapsing?"
- "What helps you to be so successful in maintaining the change?"
- "On a scale of 1 to 10, with 10 being the most confident, how confident are you that you will maintain this change over this next week?"

Stage 6: Change Becomes a Habit

- "Does the change seem like it's permanent, now?"
- "Do you still have to think about doing this the new way, or does it feel pretty automatic, now?"
- "When was your last relapse?"
- "What are you doing to keep from going back to the old way of doing this?"

Stage 7: Relapse

- "Have you had any relapses?"
- "Have you felt like relapsing, but didn't?"
- "What keeps you from having a relapse?"
- "How many times have you relapsed in the past week?"