

Worksheet 7.5
Stages of Change

1. List each problem in the appropriate space.
2. Write what stage of change best describes where you are right now. This will be a number between 1 and 4. (Don't worry about doing this perfectly. Just write the number that seems the most accurate as of this moment.)
3. To the right of that number, write down how you know you're in this stage. In other words, write down what you've noticed yourself do, feel, or think that tells you that this is the stage you're in with that problem.

	Problem	Stage	Evidence That I'm in This Stage
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____