

# Stages of Change Scenario Activity

## Answers

1. Mike is a college student who is struggling with the stress of his coursework. He has been obtaining and nasally ingesting Ritalin to keep himself awake at night to study. Mike believes the Ritalin is not a problem and it is helping him to succeed in school. **Pre-contemplation – Mike is actively using Ritalin inappropriately and does not see any problems with the behavior.**
2. Suzy is a mother who feels the amount of Vicodin she has been consuming is interfering with her relationship with her children. She has told her husband she would speak with her doctor but consistently “forgets” to do so. **Contemplation – Suzy has begun questioning the impact her drug use is having but is not taking it seriously enough to act.**
3. Page has been taking Oxycodone for three years and is addicted to the medication. He was obtaining them from anyone who would sell them to him. He has recently realized the impact it is having on his life and he has made an appointment with his doctor to discuss quitting. **Preparation – Page recognizes that he has a problem and has taken steps to get him to the Action stage.**
4. Roger is an Opioid addict and has been clean for 2 months. He regularly sees a therapist and attends NA meetings once a week. **Action – Roger is on the right track but remains in the action stage. This is because he has not reached the 6 month point required to enter the Maintenance Stage.**
5. Jon was addicted to CNS Depressants for 6 years. After completing a one-month stay in an inpatient treatment center, he has remained sober for the last 11 months. He attends outpatient support groups and is celebrating one year of sobriety with a renewed vow never to use again. **Maintenance – Jon has maintained sobriety for nearly a year. He is aware of his addiction and has taken steps to avoid relapse.**
6. Reba is a high school student who has begun abusing Opioid prescription drugs with some other teens after school. Her best friend tells her the behavior is dangerous but Reba insists she is having fun and the drugs are safe because they came from a pharmacy. **Precontemplation – Reba does not believe there is anything wrong with her behaviors and incorrectly views the drugs as “safe.”**
7. Robert lives alone after his divorce and visits with his son for a week at a time. He has been using his son’s stimulant medication to get high and has lied to the child’s doctor and the child’s mother about losing or spilling the pills in order to get more. Robert knows his behavior is dangerous but still takes comfort in the intoxication produced. **Contemplation – Robert is aware of the problem and recognized the risk involved with his continued use. He has not reached the next stage because he continues to use regardless of risk.**

# Stages of Change Scenario Activity

## Answers

8. After successfully quitting a severe Opioid habit, Kitty was sober for over 8 months. One afternoon she sees an old boyfriend and becomes depressed. Kitty goes to the home of her old drug dealer and obtains five Percocet pills. She immediately takes all of them. **Relapse – Kitty had entered the maintenance stage but encountered a “trigger” and then relapsed.**
9. Eliza decides that she is tired of constantly seeking pills and after a few days of thought, she tells her therapist that she is ready to change. The therapist then makes her an appointment with a drug and alcohol counselor. **Preparation – Eliza has recognized her problem and is preparing to take action.**
10. After 15 years of Opioid dependence, Earnest checked himself into a rehabilitation program. He has been sober for two years and has a large support system around him. **Maintenance - Earnest has successfully quit abusing Opioids and now lives a sober lifestyle with a large support system.**