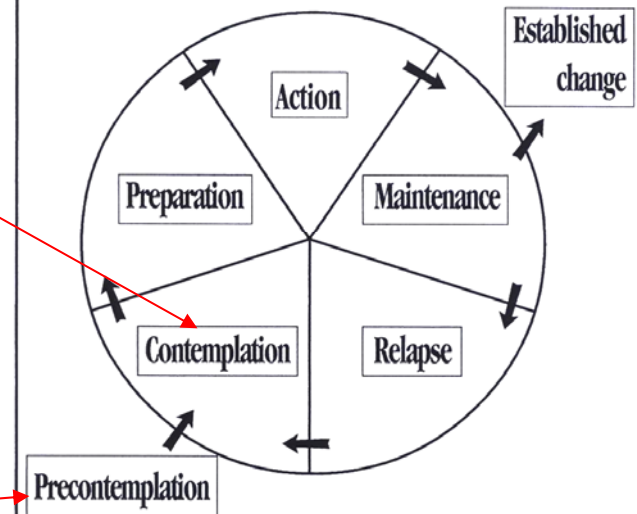


People in the **contemplation** or preparing to change stages of change have considered the fact they may be drinking too much and are aware excessive alcohol use can be harmful but need encouragement and support to reduce consumption. It is with this group that the **greatest success may be achieved** through brief intervention.

- People who refuse to accept they are drinking too much or that it could damage their health, are considered to be at the **pre-contemplation** stage.
- Providing these people with advice and information about the potential health dangers about alcohol use may help them recognise the harm drinking excessively can cause and encourage them to think about changing behaviour, in effect, move them to the contemplation stage.
 - You **cannot expect an immediate reduction in drinking at this stage.**

Stages of Change



Based on Prochaska & DiClemente's model

The Stages of Change and Associated Brief Intervention Elements

Stage	Definition	What to do?
Pre-contemplation Not thinking about it	The hazardous or harmful drinker is not considering change in the near future, and may not be aware of the actual or potential health consequences of continued drinking at this level	Feedback about the results of the screening. Information about the hazards of drinking and key recommendations When ready , what could they do and where can they go.
Contemplation Thinking about change	The drinker may be aware of alcohol-related consequences but is ambivalent (unsure) about changing	Emphasize the benefits of changing. Give Information about alcohol problems & the risks of delaying. Use the 0-10 scale to increase commitment about importance (benefits) and confidence. See useful questions. Discuss possible 'quick win' starting point
Preparation Preparing to change	The drinker has already decided to change and plans to take action	Discuss how to choose a SMART Goal Assist and Encouragement
Action Making changes	The drinker has begun to cut down or stop drinking, but change has not become a permanent feature	Review situation and Advice Give Encouragement
Maintenance Maintaining change	The drinker has achieved moderate drinking or abstinence on a relatively permanent basis	Give Encouragement
Relapse	The drinker has returned to previous habits	Help the individual to renew the process of contemplation, determination, and action without becoming stuck or demoralised Identify what has caused the relapse and work out how that can be avoided. Build on previous positive experience.