

## YOUR CURRENT STAGE OF CHANGE & MOTIVATION

### **Pre-Contemplative Stage (not ready yet to take action).**

If you don't think you have a problem or just don't need help, consider these questions:

Why don't you think you have a problem?

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Are you open to the possibility that you might have a problem?

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Do the people closest to you think you have a problem?

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List all the reasons why you don't want to change?

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Do you want to want to change?

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What small step toward change could you take at this time?

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## Contemplation Stage (getting ready to take some action, weighing the pros and cons)

If you feel stuck or keep procrastinating, consider these questions:

What are the pros and cons of staying the same vs changing?

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What will your future likely be like if you change and what will it be like if you don't?

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What are the risks to your relationships if you stay the same and what are the risks to your relationships if you recover?

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What are your fears or other feelings about giving up your eating disorder?

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Who can you talk to who might help you go over your pro and con list and help you decide?

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What small step toward change could you take at this time?

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## Preparation Stage (ready for action but still preparing)

If you know you want to change, but can't get yourself started or don't know what to do, consider these questions:

What will you lose and what will you gain by giving up your eating disorder?

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What are the obstacles you can see that keep you from trying? Or moving forward?

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What would help you overcome these obstacles?

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Who could support you in this process?

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How could they help you?

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What small step toward change could you take at this time?

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## Action Stage (taking action, getting feedback, & making adjustments)

If you feel stuck, defeated, and your motivation is waning, these questions may help.

What progress have you made so far, no matter how minimal you think it is?

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What progress have others noticed?

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When you didn't feel stuck or defeated, what was happening or who was helping you?

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What do you want your relationship with food to be like? What needs to happen to get there?

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What are you willing to give up for your eating disorder? What are you not willing to give up?

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Is there a small step or decision you could make right now that would help you?

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Where can you find someone to talk with who has recovered?

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Where can you get additional help? What is stopping you?

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What rewards or consequences can you come up with to help motivate you?

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## **Maintenance Stage (you have made and continue to make changes)**

If you are struggling to figure out how you can continue to make changes or maintain the changes you've already made, or you are not sure what's okay to stop doing and still maintain recovery, these questions may help.

What situation or feelings make you most vulnerable to slipping or relapsing?

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Do you notice any familiar patterns when you find yourself struggling to maintain recovery?

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What skills need to be developed to maintain the progress you have made?

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What or who can help you develop more skills or strengthen the ones you have?

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What type of structure do you think would best support your continued recovery?

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What would be the first behaviour or feeling state that would signal you are slipping?

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What or who can help you with accountability to prevent slips or relapse?

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Who can you contact when you are overwhelmed and need help?

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How can you help yourself reach out to a support person?

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## **Termination Stage**

This is the stage we call "being recovered." At this point you are no longer even tempted to use your eating disorder behaviours. You don't need motivation to keep going because you have arrived.