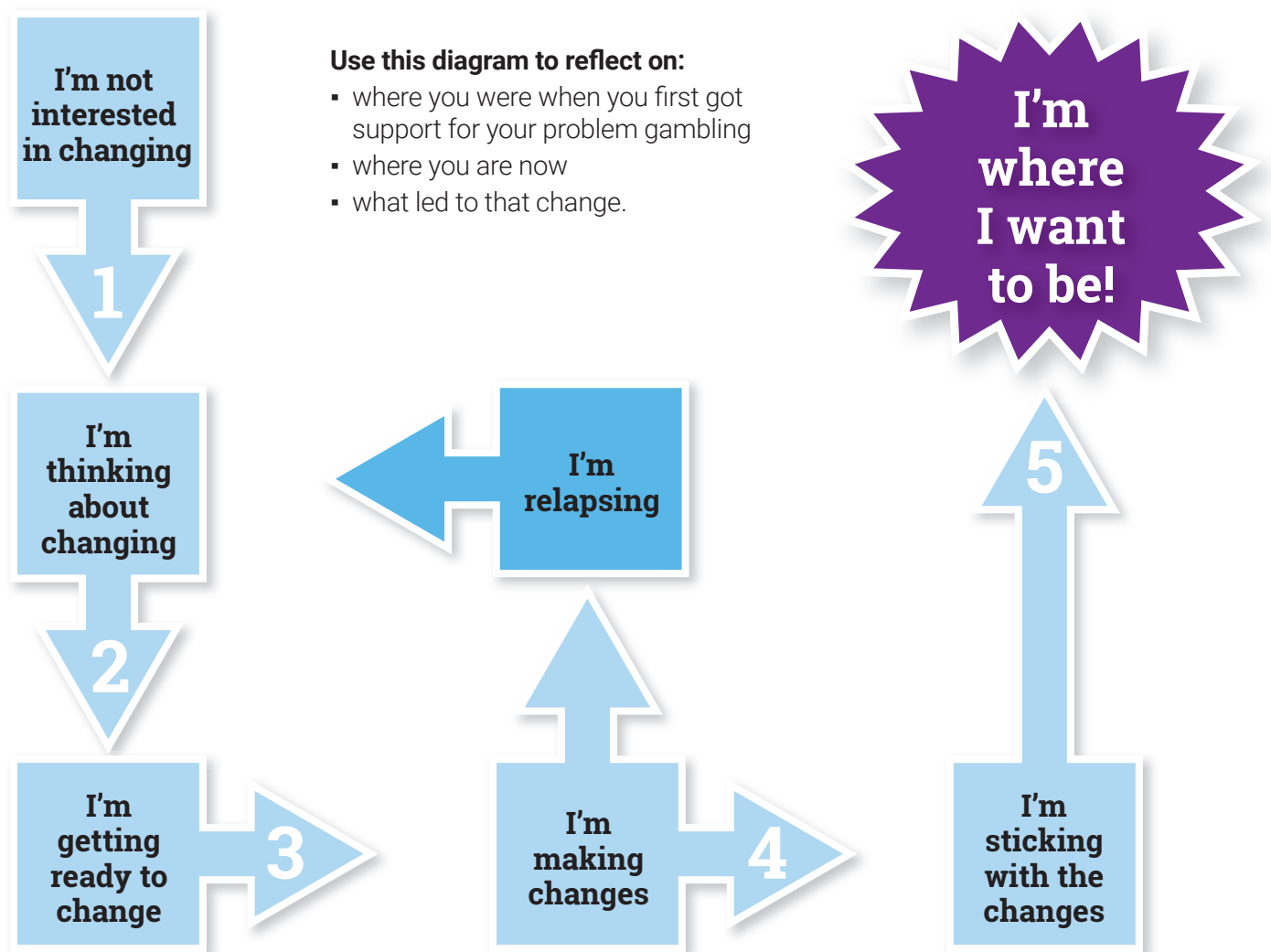


# STAGES OF CHANGE EXERCISE FOR CLIENTS

## STAGE 6

The diagram below shows the stages of change and what you may be feeling or have felt at each of these stages.



**Adapted from:** Tupker, E. (2004). *Youth, & Drugs and Mental Health: A Resource for Professionals*. Toronto, ON: Centre for Addiction and Mental Health.

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