STAGES OF CHANGE
EXERCISE FOR CLIENTS

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

I'm not interested in changing

I'm thinking about changing

I'm getting ready to change

I'm making changes

I'm sticking with the changes

I'm where I want to be!

Use this diagram to reflect on:
- where you were when you first got support for your problem gambling
- where you are now
- what led to that change.


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