

From the book, Changing for Good

The SIX STAGES of CHANGE

Are enhanced by

Nine PROCESSES AND TECHNIQUES

“**Processes**” are selected activities that are regularly initiated to effect change. There are nine important ones chosen by the authors as distinct areas of consideration and useful “tools” in *Changing for Good*. They are:

- **Consciousness-raising:** Increasing knowledge about yourself and your problem.
- **Social liberation:** Considerations in the external environment that can contribute to helping change, ie: no smoking areas, lo-cal menu items, advocacy groups.
- **Emotional arousal:** Increased awareness through depth of feeling from natural events or dramatic intervention, psychodrama.
- **Self-reevaluation:** A thoughtful and emotional reappraisal of yourself as regards your problem, weighing the pros and cons of changing.
- **Commitment:** Acknowledging that you are the only one who can respond, speak and act for yourself.
- **Countering:** Planning for and substituting healthy responses for unhealthy ones, action oriented.
- **Environmental control:** Restructuring your personal environment so that the probability of a problem-causing event is reduced.

- **Rewards:** Affirmation of desirable behavior by self or others as contrasted with and better than any type of punishment for problem behavior.
- **Helping relationships:** Receiving care, support and assistance from significant people in your life.

These **Processes** are broad areas which are applied during different stages of change. Within each process there are usually a number of **Techniques** that can be applied to further the effect. The few examples given with *Social liberation* above are examples of techniques. Another illustration of this would be in *Countering* urges. One person might substitute chewing gum as an alternative to having a cigarette, while another might distract himself by running around the block.

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