Recovery Happens In Stages

... Ours And Our Loved Ones.

RP RECOVERY PRACTICES LLC

Guidance • Support • Solutions

Guide Series

Presented By:
Recovery Practices, LLC

Prepared By:
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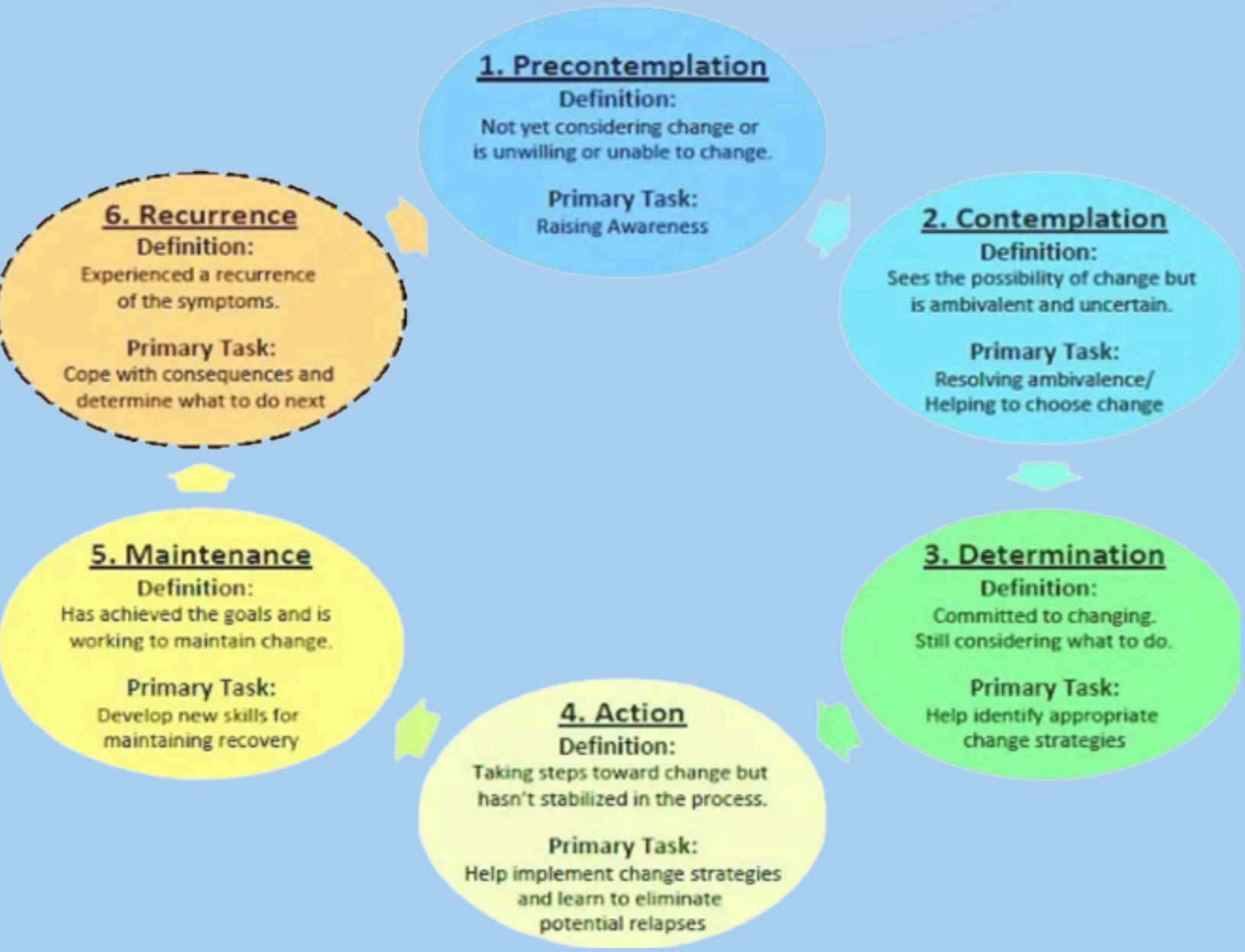
6 Stages of Change

-by James Prochaska and Carlo DiClemente



Everyone has 2 to 3 changes they are contemplating at one time or another.

- Drink more water
- Eat healthier
- Movement routine
- Learn something new
- Read more
- Yell less
- Listen more
- Garden
- Dance
- Have Fun
- Reach out for support

What changes are you contemplating?

- Make a list
- Prioritize
- Make a plan- what, how, where, and when
- Share with others
- Be accountable with support person or group
- Preparation is pivitol to sustaining change

How to help others consider change

- Express empathy
- Develop discrepancy
- Roll with resistance
- Support self-efficacy
- Practice OARS
  -open-ended questions
  -affirmations
  -reflective listening
  -summarizing

How are you helping?

- Have you learned and/or practiced new communication skills?
- Have you listened for change talk?
- Have you given them loving space to think, answer, consider?
- How is your tone?
- What is your motive
- Is any of the above something you need support with?

DO YOU NEED MORE HELP?

LET'S CONNECT

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About COLLEEN

My mission is to provide families and individuals guidance, support, and skills to navigate through difficult challenges and create positive outcomes.

Together we can move forward and create positive change!

My 12-Week BALM® Family Recovery Workshop with Private Coaching includes:

- 12 private coaching sessions for individuals, couples, groups of family, and/or friends.
- Laser sessions included

The one-year BALM® Family Recovery Comprehensive Program with Private Coaching includes:

- 24/7 online support
- 12 private coaching sessions for individuals, couples, groups of family and/or friends.
- Laser sessions included

Reach out today for a Free 30-minute consultation so I can understand your needs/concerns and provide the best recommendations for resources, support, and guidance that could change your life for the better.

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