

OLD
HABITS

CHANGE



Behavior Change Workshop

Occupational Therapy



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

CHANGE



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For a digital copy of this book, visit go.osu.edu/pted5606.

This book is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

Stages of Change

Making a change is usually not an easy process. Understanding how the process happens may help you work through it and to be more prepared. One of the best known approaches is called the Transtheoretical Model, developed by James Prochaska and Carlo DiClemente (1983). It describes stages that people go through as they make positive changes. You may enter and exit at any stage, or relapse (go back to a past stage).

Stages



Precontemplation

The costs of the problem behavior is not yet seen by the person. They are in denial and not seriously considering changing their behavior. They may have made attempts to change in the past, but have given up.



Contemplation

The person is unsure about making a change. They can see reasons to change their behavior, but they are still hesitant. The problem behavior continues.



Preparation

The individual has decided to change their behavior, and they begin to think about how to do so. During this stage, they will begin to make minor changes to support their goal, but they might not have completely ended the behavior.



Action

The person has taken important steps to end the problem behavior. They might be avoiding triggers, reaching out for help, or taking other steps to avoid temptation.



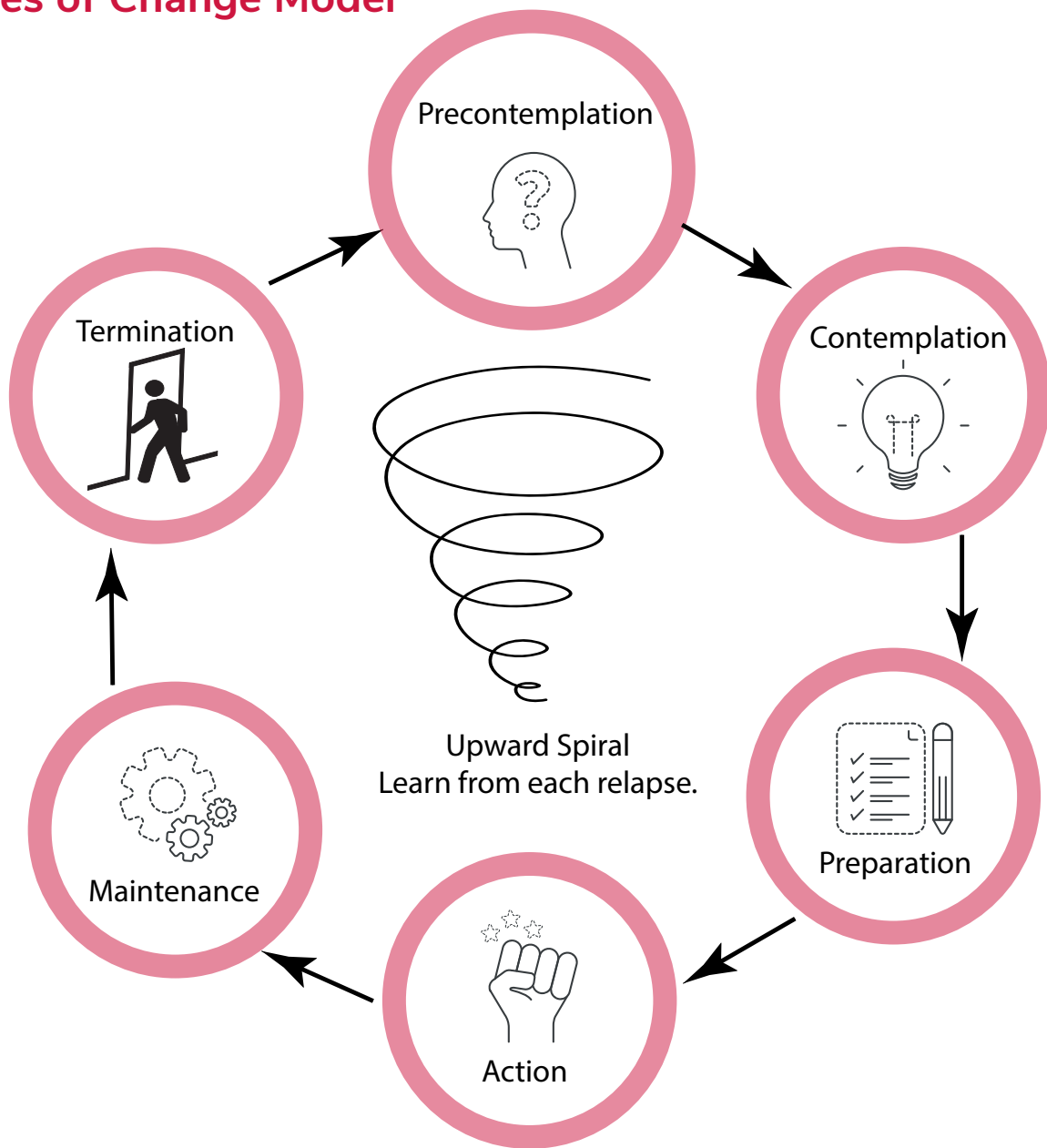
Maintenance

The person is maintaining the changes made during the action stage. They may face challenges, but have successfully changed their behavior for a period of time.

Relapse

After making changes, some people will return to their past problem behavior. This can happen at any time during the stages. Not everyone will have a relapse, but it is always a risk.

Stages of Change Model



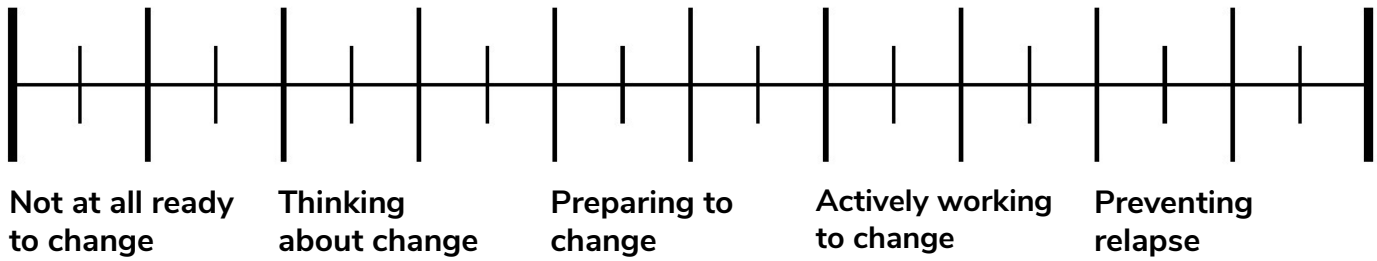
The Stages of Change Model, created by James Prochaska and Carlo DiClemente in 1983, helps explain the different steps people often go through when they're trying to make a real change in their lives.

At first, the model had five main stages: Precontemplation, Contemplation, Preparation, Action, and Maintenance. Over time, the model has been adapted to show that relapse—slipping back into an old habit—can be a normal part of the process. Some versions also include a final stage called Termination.

Termination is when the change feels fully part of who you are, and you no longer feel tempted to go back to your old habit.

A habit I choose to manage: _____

Use the Readiness Ruler below to mark where you are in the Stages of Change:



Precontemplation

Precontemplators need to take a good look at what they value and see whether or not they are living up to them. The **Values Analysis handout** is a good tool for this. Ask yourself: Am I living my life according to the values I hold?

Contemplation

Mulling over whether or not they have a problem is the defining feature of contemplators. The **Cost Benefit Analysis** is helpful here. Honesty is essential here so do not be afraid to identify the benefits of your habit—no one needs to see this but you. Remember—everything we do, we do for a reason!

Preparation

Preparers might be aware of the problem, but might be unsure about how to go about dealing with their problem. **Change Plan Worksheet** goes over the essential characteristics of a good change plan. Keep it simple!

Action

In action stage, it is less about what to do or how to do it and more about doing it—period. Action requires self-observation and mindfulness, so all those mindfulness tools you pick up in this program work well. So do **Thought Records**, **Wise Mind Worksheets**, and just about any kind of **journaling**.

Maintenance

Like any habit, we are never far away from relapse no matter how long we have maintained. Maintenance is all about prevention. Using the **Habit Triggers** handout can help you identify those situations that are best avoided.

Relapse

At no point during change management is it more important to abstain from judging yourself than right after a relapse. Remember—changing a habit is HARD!!!! Ask yourself: What might have contributed to my relapse and how might I avoid this in the future?

Based on where I am in the stages of change, some tools I can use to support this change are:

Clarify Your Values

Values are what matter most to us. Things like family, health, fairness, or being kind. When you know what your values are, you can make choices that match those values. Change is hard, but it is easier when it connects to something meaningful to you.

Pick top 10 and rank

Here is a list of common values and spaced to add more. Pick 10 from the list (including any you added) that are most important to you. Rank the 10 you picked from 1 to 10 in order of how important they are.

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Family | <input type="checkbox"/> Adventure |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Being generous |
| <input type="checkbox"/> Love | <input type="checkbox"/> Being popular |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Hard work |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Being responsible |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Joy |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Growth |
| <input type="checkbox"/> Trust | <input type="checkbox"/> Free time |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Nature |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Belonging |
| <input type="checkbox"/> Stability | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Health | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Spirituality | <input type="checkbox"/> _____ |

Value Characteristics

An important part of the **change process** is figuring out what **your** values are.



Our actions (behaviors) point to what we really value instead of what we think we value.



Values may change as we have new experiences.



Not caring or acting in different ways at different times might mean we have conflicting values, do not have clear values, or do not understand them well.



What we value gives us our identity.



Values set up a relationship between us and the world.

Cost/Benefit Analysis

Contemplation

Habit I am thinking about changing is: _____

Advantages, benefits, and rewards (of **staying the same**)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Disadvantages, costs, and risks (of **staying the same**)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Advantages, benefits, and rewards (of **change**)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Disadvantages, costs, and risks (of **change**)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Change Plan

Preparation

Habit:

What motivates me to change:

Concrete steps for the change (list or number them):
Include tools to help you reach your goal, how you will move forward with your goals, how to detect with your 5 senses, what support people will you use, and how you will reinforce the habit.

Check Yes or No below.

My steps are clear and defined.	My steps are reachable.	My steps progress one to next.
<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
<input type="checkbox"/> No	<input type="checkbox"/> No	<input type="checkbox"/> No



Self-care Checklist

Self-care Steps

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



ONE DAY
AT A TIME

Notes:

Daily Planner

Time	Activity
5 AM	
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	
Midnight	
1 AM	
2 AM	
3 AM	
4 AM	

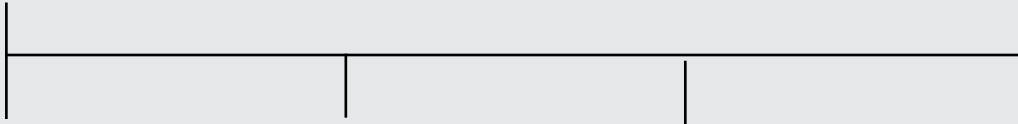
My Habit Triggers

Maintenance

List people, places, objects, or situations below by how closely they are linked with your habit. If you are around this person, place, object or situation, how likely are you to do your habit.

0% chance of doing habit

100% chance of doing habit



Never do habit	Almost never do habit	Almost always do habit	Always do habit
These are “safe.”	These are low risk, but use caution.	These are high risk. Do not stay around these listed to avoid doing habit.	Staying around these listed means deciding to relapse. Avoid these all the time.

Common Reasons for Relapse

- Abstinence violation effect (or “AVE” is what happens when we use relapse as an excuse to go back to old habits).
- Depression, loneliness, or preferring to be alone (support is not an option—it is a must have. When we set out to change a deeply set habit, we need the feedback and support that we cannot give ourselves).
- Overconfident attitude about recovery or substance use (even firefighters know it is not a good idea to play with fire).
- Not feeling appreciated for your efforts at recovery (remember who you are doing this for).
- Putting recovery behind other priorities (recovery may not have been your number 1 priority in the past, but it should be now).
- Resentment (resenting someone is like carrying a heavy backpack all day and expecting them to feel tired).
- Impatience (it takes time to build those neural pathways).
- Unrealistic standards (put a cap on those expectations, you’ll get there in time).
- Self-blame (if making ourselves feel bad worked, you would have felt better long ago).
- Self-pity (see above).
- Dishonesty (starting with the little things and eventually becoming bigger).
- Exhaustion (physical, mental, emotional—you name it).
- Clinging to a social life or friend that does not support sobriety (it is like scrubbing your hands with soap and water...in a sewer).
- Use of a mood-altering chemical (including prescribed medications—that’s why it is VERY important to tell your doctor if you have had trouble with alcohol or drugs in the past).
- Not participating in your recovery program (it is one thing to attend a program, but you have to participate in order to get something out of it).
- Expecting others to change their habits (this never works).
- Forgetting to notice good changes you have already made (changing a habit is hard—do not forget why you are doing it).
- A case of the “screw-its” (or a dose of “Screwitol,” if you prefer).
- Missing the good ol’ days (in other words—forgetting about the bad ol’ days).
- Hiding or stuffing emotions (nothing predicts relapse more).

Setting Life Goals

For each category below, write down the things you are doing well, and the areas where you need improvement. Then, write 1 or 2 goals for each.

Category	What I'm Doing Well	Where I Need Improvement	My Goals
Family			
Friends			
Work or School			
Spirituality			
Fitness			
Mental Health			
Hobbies and Interests			



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