## **Stages of Change**

What's in the Deck

#### **Discovery Cards Content Map**

**Overview Cards** 



### Quick Start

5 Activity Cards

6 Definition Cards

40 Sorting Cards

6 Stage Pitfall Cards

#### Stages of Change WHAT'S IN THIS DECK 6 Overview Cards







#### **Activity Cards**









Stages of Change



#### **Definition Cards**





RII. :4



CONTEMPLATION



21

Stages of Change

# **ACTION**

MAINTENANCE 3

:1

Stages of Change

## **Sorting Cards**



#### **Stage Pitfall** Cards



## What's in the Deck

**Overview Cards** 

Main Color: Box Color

1 Topic Description Card

1 Quick Start Card

1 Model Card

1 Expert Card

1 Topic Definition Card

1 R1 Card

**Activity Cards** 

Main Color: Black

1 Activity 1: Identify My Stage of Change

1 Activity 2: Choose Behaviors to Progress Through Stages

1 Activity 3: Identify Pitfalls to Avoid

1 ME Action Card: individuals write in primary learning and action

1 My Substance Use/Addiction Card

**Definition Cards** 

Main Color: White with Color

1 Precontemplation Stage (Orange)

1 Contemplation Stage (Yellow)

1 Preparation Stage (Green)

1 Action Stage (Blue)

1 Maintenance Stage (Purple)

1 Behavior (Red)

4 Sorting Cards

Main Color: Mostly Color

8 Precontemplation Stage (Orange)

8 Contemplation Stage (Yellow)

8 Preparation Stage (Green)

8 Action Stage (Blue)

8 Maintenance Stage (Purple)

**Stage Pitfall Cards** 

Main Color: Gray with Color

1 Precontemplation Stage (Orange)

1 Contemplation Stage (Yellow)

1 Preparation Stage (Green)

1 Action Stage (Blue)

1 Maintenance Stage (Purple)

1 Behavior (Red)

**TOTAL CARDS**