

# Cycle of Psychological Addiction



# Stages of Change.....

## Stages of Change

### 1. Precontemplation

#### Definition:

Not yet considering change or is unwilling or unable to change.

#### Primary Task:

Raising Awareness

### 2. Contemplation

#### Definition:

Sees the possibility of change but is ambivalent and uncertain.

#### Primary Task:

Resolving ambivalence/  
Helping to choose change

### 3. Determination

#### Definition:

Committed to changing.  
Still considering what to do.

#### Primary Task:

Help identify appropriate  
change strategies

### 4. Action

#### Definition:

Taking steps toward change but  
hasn't stabilized in the process.

#### Primary Task:

Help implement change strategies  
and learn to eliminate  
potential relapses

### 6. Recurrence

#### Definition:

Experienced a recurrence  
of the symptoms.

#### Primary Task:

Cope with consequences and  
determine what to do next

### 5. Maintenance

#### Definition:

Has achieved the goals and is  
working to maintain change.

#### Primary Task:

Develop new skills for  
maintaining recovery

# Rat Park

- Bruce Alexander
  - Simon Fraser University
  - [www.brucekalexander.com](http://www.brucekalexander.com)
  - Rats in cages use- LOTS!
- 
- Rats in Rat Park used-  
very little! And in fact  
had to be coaxed into  
using...

