

stopping

Posted by WILLRECOVER - 04 Oct 2021 14:51

im a 21 year old looking at smart recovery any advice on how to get started

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Re: stopping

Posted by DavidT - 04 Oct 2021 15:17

In which of the stages below would you say you're currently in?

1. **1. Precontemplation** (no near-term consideration of change of the particular target behavior; problem behavior seen as having more pros than cons);
2. **2. Contemplation** (seriously considering change; seeking information about problem; evaluating pros and cons of change; ambivalent; not prepared to change yet);
3. **3. Preparation** (made a decision to change and ready to change in attitude and behavior; may have begun to increase self-regulation and build a plan to change);
4. **4. Action** (modifying the problem behavior; learning skills to prevent reversal to full return to problem behavior); and
5. **5. Maintenance** (sustaining changes that have been accomplished and integrating the new pattern of behavior into lifestyle).

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Re: stopping

Posted by WILLRECOVER - 04 Oct 2021 15:41

somewhere inbetween 2 and 3

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Re: stopping

Posted by anonymous.lost.everything - 04 Oct 2021 15:45

[WILLRECOVER wrote on 04 Oct 2021 14:51:](#)

im a 21 year old looking at smart recovery any advice on how to get started

No, but I'm a sexaholic and I'm happy you're here!

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Re: stopping

Posted by DavidT - 04 Oct 2021 15:59

[WILLRECOVER wrote on 04 Oct 2021 15:41:](#)

somewhere inbetween 2 and 3

Please review and reply to these questions...

- The changes I want to make are:
- The most important reasons why I want to make these changes are:
- The steps I plan to take in changing are:
- The ways other people can help me are:

(include the names of some people and the possible ways each one can help)

- I will know if my plan is working if:
- Some things that could interfere with my plan
- How important is it to me to make these changes? (1-10 scale)
- How confident am I that I can make these changes? (1-10 scale)

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