

## Coaching Through Stages of Change

Patterned after Mayo Clinic

Pre-Contemplation		
Smoking; not motivated to quit. May or may not be interested in self-introspection. If not, the following activities are surely applicable in the next stage.		
Behavior Strategies	Chemical Dependence	Coaching/Relapse Prevention
Attempt to control or delay use	Recognize defenses (denial, rationalization)	Gentle, incremental suggestions over time
Keep a log of tobacco use		Discuss log; make observations
Talk to a former smoker/chewer	Identify significant hazard of tobacco use	Link with positive models
Read literature, view films re harm of use	Identify powerlessness in controlling use	Gradual orientation to change
Become more conscious of negative aspects (health, quality of life, social, image)	If lifetime smoker with several relapses, consider aids such as inhaler, patch, Zyban	In friendly conversation point to the possibilities of a changed life. Point to modeling to children, better caregiver, etc
Contemplative		
Smoking, but motivated to quit sometime, no quit date set.		
Practice situational quitting; keep diary	Get acquainted with cessation programs	Visit primary care provider; discuss
List harmful effects of tobacco use; list own health problems	Identify unmanageability/consequences	Seek help from a counselor (you) to set quit date, learn how
List all triggers that stimulate the urge to use tobacco	Consider alternative actions	Develop a strategic plan; enroll in cessation program
List coping skills/ identify new ones	Identify fears about control & deprivation	Attend individual/group education sessions; join a support group
Plan for a wholistic lifestyle program	Recognize that life has centered around use of tobacco	
Identify reasons for quitting; cost-benefit analysis	Clarify values and the role smoking played Acknowledge that will power is inadequate	Introduce the Heavenly PowerSource Offer hope.
Observe non-smokers as models	Declare willingness to change	
Action & Preparation		
Select quit date; follow cessation plan	Accept need for recovery, assistance. Engage in active cessation effort.	Coach according to plan; arrange social support structure; work with householders
Change lifestyle behaviors to enhance health; clean up environment	Be accountable to coach and supporters Maintain contact; keep appointments	Require accountability. Be pro-active to offer strategies to avoid lapses
Reduce risks to lapse: triggers, stress, influence of others, fears	Be prepared for the unexpected with alternative strategies to prevent lapse	Diligently reinforce learning

## Coaching Through Stages of Change – 2

Behavior Strategies	Chemical Dependence	Coaching/Relapse Prevention
<b>Maintenance</b>		
Maintain regular contact with a coach.	Identify mood states and emotions	Provide aftercare support sessions
Use HALT strategy (Avoid states of Hunger, Anger, Loneliness, and Tiredness)	Use the principles of cessation program on a regular basis; adhere to the wellness regimen	Observe for needs and further instructions in the wellness plan
Expand coping skills for stress, cravings	Write a Good-Bye Letter to your cigarettes/chew/pipe/etc. Accept lapse as a natural part of the process	
Keep the spiritual dimension in life	Engage in church activities	Invite to church; introduce to activities
Move focus from self to others	Help others quit; join advocacy against tobacco industry; educate children	Facilitate these activities; offer ideas of community need; engage them in next cessation program as assistant