

Identifying Stages of Change

Individuals can be in different stages of change for many behaviors at the same time.

Read the following vignette about Victor. Then, complete the table below by identifying which Stage of Change Victor appears to be in today for his various behaviors.

Victor is a 39-year old African American male who is married with two young children. He lost his job last year and has been hustling on the street to make money for his family. Since losing his job he returned to using crack cocaine. When he is high he stays away from home so his wife doesn't find out and has admitted to several anonymous sexual encounters when he's been high. Victor came to the clinic today reporting feeling "hopeless" and "down". He tested positive for HIV last month and is worried that he has infected his wife. Victor does not know how he contracted HIV but reports that he doesn't think he used condoms when he had sex high and never uses one with his wife. He wants to protect his wife from HIV but is unsure how to bring up using condoms. Victor is not currently engaged in HIV treatment because he reports being ashamed of his diagnosis and fears that no one will hire him if they know he is getting treated for HIV. Victor stated during his appointment that he "desperately needs to get his life together for his family" and knows that he has to get a job and stop doing drugs. However, when asked how his drug use impacts engaging in risky sex, Victor denied any relation. At the end of the visit, Victor agreed to an appointment with an addictions counselor and a case manager to discuss employment. He said he will think about a mental health appointment but feels that once he gets a job he will feel better.

Stages of Change					
Behaviors	Precontemplation	Contemplation	Preparation	Action	Maintenance
Quitting crack cocaine use					
Attending mental health treatment					
HIV treatment engagement					
Using condoms regularly					
Attending sexual risk reduction counseling					
Attaining employment					

What would it look like if Victor was in the Action or Maintenance Stage for any of these behaviors?