



Alcohol and Drug Education

Stages of Change: Barriers and Supports

MODULE OVERVIEW



People decide to change how they use substances for very personal reasons, but knowing some of the more common ones can help others identify reasons of their own. A few examples for these reasons include changing because of health concerns, relationship issues, or financial stress.



Sometimes it seems like we just make changes in random ways. However, research has identified patterns that many people follow when they are making changes in their alcohol or drug use. A map that shows what these patterns might look like is called the Stages of Change model.



People can use various strategies to quit or reduce their alcohol or drug use, including strategic avoidance, urge surfing, social support, and other potentially helpful strategies.



People may face barriers when they are making changes in their alcohol or drug use, including social relationships and situations, unsupportive partners, stigma and shame.



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