

The Cycle of Change

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The cycle of change explains that relapse is part of recovery. If you can expect it, then you are not so thrown off course when you overeat, binge etc. You can also prepare for the tricky times, and feel less guilty when you fall off the wagon, so to speak.

Look at the diagram on this page

<http://www.alcohol-drugs.co.uk/themes/cycle/cycle.html>

Copy it & give examples from your experience (learning to drive, relationships, learning a new skill etc)

When was the last time you 'relapsed' with your eating?

Overleaf, brainstorm some ideas for how to get back into the positive part of the cycle – from relapse to contemplation/determination/action