



INTERNALIZING TOOLS

Caselets

Stage 1 – Pre-contemplation

Not yet considering change or unwilling to change

Prakash was brought for treatment under pressure by his family members. He had met with a scooter accident the previous day under the influence of drugs and suffered minor injuries. The friend who brought him home was concerned as it was the second accident in two months. Prakash blamed the auto rickshaw driver for the accident.

What strategy would you use to motivate Prakash?

Stage 2 – Contemplation

Acknowledges the problem, considers the possibility of change but is ambivalent

Kumar came with his mother for admission to a treatment center. He wanted to give up alcohol but was ambivalent regarding the decision. While interacting with the counselor he mentioned that he wanted to give up for the sake of his mother. He was concerned about situations like attending sales conference where alcohol will be served and he was expected to keep company with his colleagues. He said: 'Everybody in the sales side drinks and most drink more than I do. After working so hard all day, only alcohol helps me relax.' He also mentioned a few embarrassing incidents which occurred at home and at work after heavy drinking sprees. But he was sure that if his friends don't force him, he would be able to abstain from alcohol easily.

Kumar wanted to take a week off from work, get detoxified and join back.

What strategies would you use to motivate Kumar and deal with his ambivalent attitude?

Stage 3 – Preparation

Committed to and planning to make a change

Mohan has been abusing brown sugar for the past three years. His friend took treatment in a center and was staying sober. Hence, Mohan decided to join a treatment program.

While talking to the counselor Mohan repeatedly mentioned that he wanted to quit drugs. He said, 'Once I give up drugs I can easily get a job. Or my parents will provide me money to start a business. I have to give up drugs. That is all I have to do.' Mohan had many questions to ask — whether the withdrawal would be made painless with medication, if he would be 100% fit after taking treatment, etc. Mohan was willing to bring his mother and wanted to be treated without his father's knowledge as the latter would be critical of him.

What strategies would you use to prepare Mohan to make changes in his life?

Stage 4 - Action

Actively taking steps to change but has not yet reached a stable state

Ravi was admitted for treatment in a rehabilitation center. After four days he was physically comfortable. He was feeling great that he had given up drugs for the first time. When his brothers came to visit him at the center, he repeatedly said that he would never touch drugs again. He said that he has made up his mind and even if he were discharged immediately, he would stay clean. 'Even if my friend gives me ten thousand rupees I will not take drugs.' He even went to the point of saying 'On discharge, I will visit my friends and make them come for treatment. I will be with them, cajole them and make them give up drugs like me.' His family members were very happy about his change of mind.

What strategies would you use to help Ravi be realistic about the changes he is expecting to make?

Stage 5 - Maintenance

Has achieved initial goals such as abstinence and is now working to sustain gains

James had completed his treatment two months ago. His drug using friends no longer called him and he was happy that he was 'clean'. Evening hours were a little boring. He spent his evenings watching television. He was attending work regularly.

He continued to have a strained relationship with his father and any comment from his father provoked him. James was clear that he should stay away from drugs. He had many issues to deal with — poor interpersonal relationships, no friends and no recreation.

What are the issues to be dealt with in sustaining James's motivation?