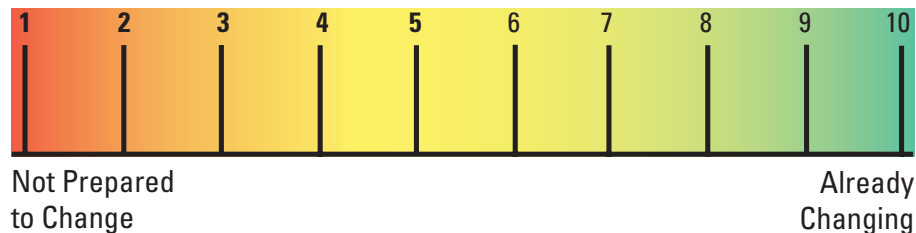


Am I Ready to Stick With My Treatment Plan?

Making changes in life is hard. Before you can change, you must believe in what you are doing. You must also be ready to take the first step to achieve change. On a scale from 1 to 10, how ready are you to start taking your medicines as prescribed? Mark the Readiness Ruler below.



■ Then, review the 5 stages below to decide what stage you are in today.

■ Jot down your ideas for moving from that stage to the next.



Stage 1: "I'm not ready to stick with my treatment plan."

- You may not be aware of the need to take your medicines as prescribed.
- You may even feel like it is too hard to do.
- **Write down what it will take for you to move from this stage:**

You may need help from family and friends. But remember, it's up to you.



Stage 2: "I'm thinking about it, but I'm still not ready to stick with my plan."

- You know there's a problem and that there are risks if you do nothing.
- You know why you want to change, but you also know it will be tough.
- **Think about the risks of not sticking with your medicine plan and write them down:**

Learn more about the medicines you take and how they will help you.

Am I Ready to Stick With My Treatment Plan?

Continued



Stage 3: "I'm ready to do something."

- You're getting information and working on a detailed plan.
- Instead of "I'll try not to skip my medicines," you say, "I'll buy one of those pill boxes and put it where I can see it."
- You're aware of the hard part, but you're also thinking of the good parts ("I'll feel better.")
- **Write down the specific details of your plan. Set small goals at first:**

Your plan does not need to be perfect right away. Set a start date and try it.



Stage 4: "I'm doing it."

- Now you are actually doing what you said you would do.
- You will likely face fears and doubts. These feelings are normal. Ask friends and family for help.
- Make your plan specific. For example, "I will fill my pill box every Sunday night before I go to bed." Ask for help if you need it.
- **Write down how you can make your plan more doable.**

Don't let slip-ups get you down. Reward yourself along the way.



Stage 5: "I'm still following my plan."

- You've been at it for 6 months and you feel good about what you've done. In order to make a lasting change, don't take anything for granted.
- Be careful! Relapse (falling back into old habits) is always possible. Keep working at it. If you slip up, you have not failed. Just start again.

Remember, success comes from making one small change at a time.