

## **Maintenance-**

**What it sounds like:** “I haven’t had a cigarette for 45 days”, “I’ve saved \$100 since cutting up my debit card”, “I’m really getting used to my new eating plan”

**Counselor response:** Continue to fine tune plan, promote self-efficacy, lots of encouragement

## **Relapse-**

**What it sounds like:** “I spent all the money that I saved”, “I’ve been getting high again for the last two weeks”

**Counselor response:** Remember that relapse started long before the behavior. Try to pinpoint where the fork in the road happened. Emphasize that this can be a learning experience. Point out that relapse is common. Encourage client to start over again in the preparation/action stage.