

Stages of Change as Applied to Sexual Offenders

	Typical Homework Activities	Typical Time Frame	Typical "Presentation"
Pre-Contemplation	Autobiography	Time of Identification to 3 month in treatment	"I didn't do anything wrong" "There is nothing wrong with my sexual behavior"
Contemplation	Why Did I Do It Victim Impact	Time of Identification to 6 months in treatment	"I have gotten in trouble, so I need to go to treatment"
Preparation	Safety Plans	Start of Treatment to 1 year	"I need to make sure that I don't hurt anyone again"
Action	Safety Plans Restitution Plan Relapse Prevention Plan	Start of Treatment to 2 years	"This is what I am doing to make sure that I don't hurt anyone again"
Maintenance	"Maintenance" Activity	Last 3 months of treatment and on	"These are the things that I have integrated into my daily life to make sure that I reduce the risk of future offending"