

# Stages of Change

## “Not Ready, Unsure, Ready”

### Precontemplative

- Doesn't see a problem
- Knows little about change
- Avoids the issue

### Contemplative

- Sees pros and cons for making a change
- Is stuck on the fence
- Will discuss possibility of change but not ready for action

### Preparation

- Sets forth a course of action to take in making the change

### Action

- Has made a the desired change
- Change is new, has not become a habit yet
- Possibility of relapse

### Maintenance

- Identifies and uses strategies to maintain change

### Relapse

- Renews process of contemplation, determination and action to begin again