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

Resource: Based on Motivational Interviewing : Preparing People to Change Addictive Behavior, written by Miller, W. & Rollnick, S.
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