

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