# 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

## <u>Relapse</u>

• 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. Harborview CBT+ 03