

Stages of Change

Therapist's Motivational Tasks

Precontemplative

- Raise doubt about problem. Increase client's perception of the risks and problems associated with the behavior

Contemplative

- Strengthen client's self efficacy for change
- Evoke reasons for change and risks of not changing

Preparation

- Help client determine the best course of action to take in making the change happen

Action

- Help client take steps towards change

Maintenance

- Help client identify and use strategies to maintain change

Relapse

- Help client renew process of contemplation, determination and action

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