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 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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