

Stages of Change Model

State Of Change	Characteristics	Techniques
Pre-contemplation	Not currently considering change: "Ignorance is bliss"	Validate lack of readiness Clarify: decision is theirs Encourage re-evaluation of current behavior Encourage self-exploration, not action Explain and personalize the risk
Contemplation	Ambivalent about change: "Sitting on the fence" Not considering change within the next month	Validate lack of readiness Clarify: decision is theirs Encourage evaluation of pros and cons of behavior change Identify and promote new, positive outcome expectations
Preparation	Some experience with change and are trying to change: "Testing the waters" Planning to act within 1 month	Identify and assist in problem solving re: obstacles Help patient identify social support Verify that patient has underlying skills for behavior change Encourage small initial steps
Action	Practicing new behavior for 3-6 months	Focus on restructuring cues and social supports Bolster self-efficacy for dealing with obstacles Combat feeling of loss and reiterate long-term benefits
Maintenance	Continued commitment to sustaining new behavior Post – 6 months to 5 years	Plan for follow-up support Reinforce internal rewards Discuss coping with relapse
Relapse	Resumption of old behaviors: "Falling from grace"	Evaluate trigger for relapse Reassess motivation and barriers Plan stronger coping strategies

Understanding the Stages of Change

from *Changing for Good* by James Prochaska

<u>Stage</u>	<u>Attitude frame</u>	<u>Behavior</u>	<u>Time</u>	<u>Condition</u>
Stage #1 Pre- Contemplation	Unaware of problems associated with behavior. Certain that the positives of the behavior out-weigh the negative. Not interested in change. Unwilling to change. No intention to change.			Unaware Resistant
Stage#2 Contemplation	Becomes aware of problems associated with behavior. Ambivalent regarding positives and negatives. Explores the potential to change. Desires to change behavior but lacks confidence and commitment. Intends to change before 6 months.			Awareness Openness
Decision	This is an event, not a stage. Concludes that the negatives of the behavior out-weigh the positives and chooses to change behavior.			Commitment
Stage #3 Preparation	Accepts responsibility to change behavior. Evaluates and selects techniques for behavior. Develops a plan. Builds confidence and commitment. Intends to change within one month.			Anticipation Willingness
<hr/> Stage #4	Engages in self-directed behavior change effort. Gains new insights and develops new skills. Consciously chooses new			Enthusiasm

Action	behavior. Learns to overcome the tendencies for unwanted behavior. Active in action stage for less than six months.	Momentum
Stage #5 Maintenance	Masters the ability to sustain new behavior with minimum effort. Establishes desired new behavior patterns and self-control. Remains alert to high-risk situations. Focus is on lapse prevention. Has changed behavior for six months.	Perseverance Consolidation
Lapse or Relapse	This is an event, not a stage. May occur at any time. Personal distress or social pressures are allowed to interrupt the behavior change process. Temporary loss of progress which resumes at an earlier stage. Experience is educational to help prevent further recurrence.	Danger Opportunity
Stage #6 Termination	Adopts new self-image consistent with desired behavior and lifestyle. Does not react to temptation in any situation. Expresses confidence and enjoys self-control. Appreciates healthier and happier life.	
