

## Prochaska and DiClemente's Stages of Change Model

Stage of Change	Characteristics	Techniques	
<b>Pre contemplation</b>	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
<b>Contemplation</b>	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
<b>Preparation</b>	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
<b>Action</b>	Practicing new behavior for  3-6 months	Focus on restructuring cues and social support  Bolster self-efficacy for dealing with obstacles	Combat feelings of loss and reiterate long-term benefits
<b>Maintenance</b>	Continued commitment to sustaining new behavior  Post 6 months to 5 years	Plan for follow-up support  Reinforce internal rewards	Discuss coping with relapse
<b>Relapse</b>	Resumption of old behaviors: Fall from grace	Evaluate trigger for relapse  Reassess motivation and barriers	Plan stronger coping strategies