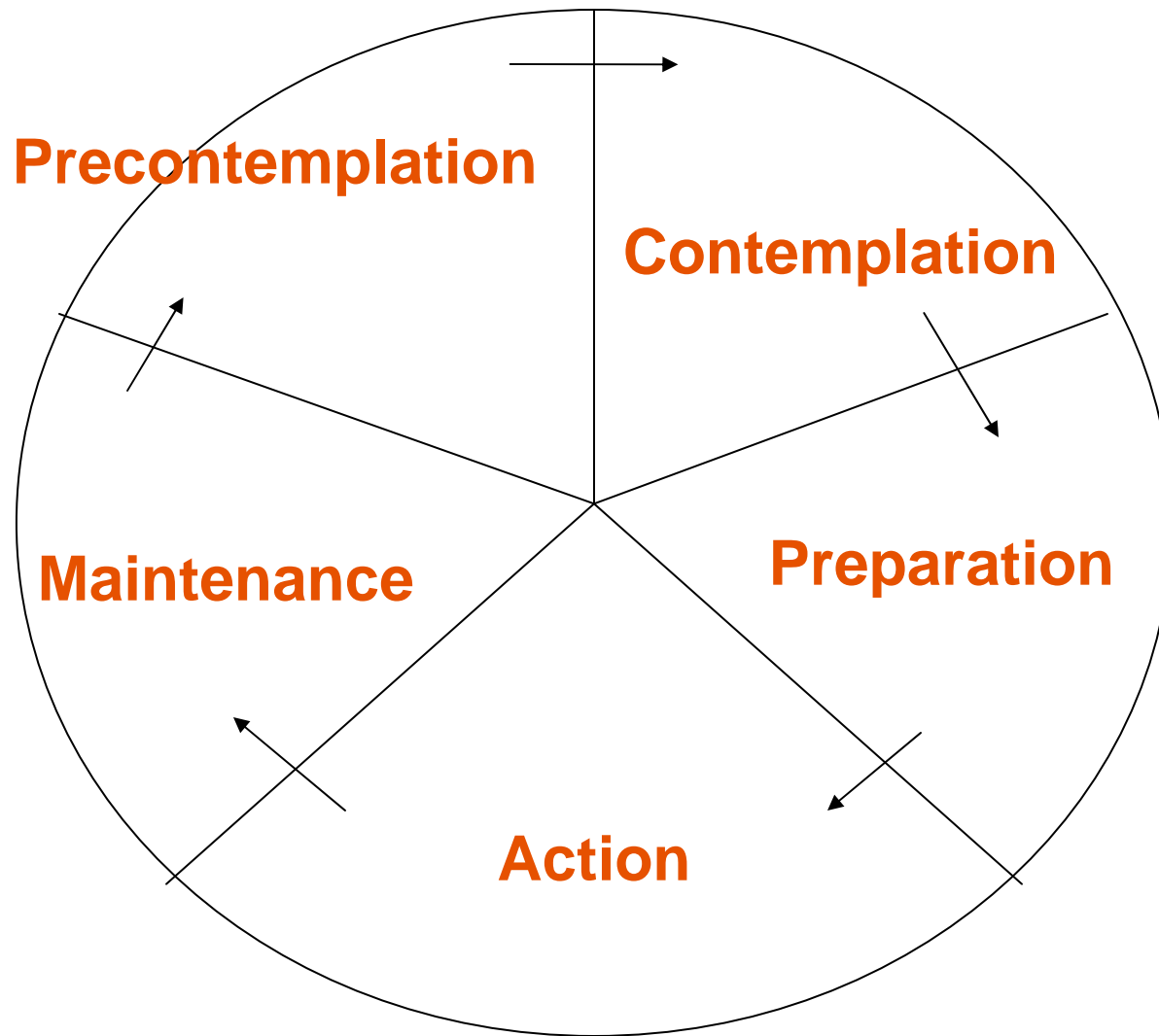


Prochaska and DiClemente's Stage of Change



Stages of Change

Pre-Contemplators:

- Are not seeing how their suffering is related to what they are doing, are not thinking about making a change and may not have enough or the best information
- Are not convinced that the negative aspects outweigh the positive aspects
- Are sometimes fearful of change or don't want to risk discomfort that may come with change
- Have sometimes given up on the possibility of change and are overwhelmed

Contemplators:

- Are aware of wanting to change something, and are seriously thinking about it. The "yes... but..." stage
- Often struggle to understand their challenge, to see its causes, and to think about possible solutions
- Often know where they want to be and maybe even how to get there – not quite ready to make a commitment

Preparers:

- Begin to think about how to make a change or take steps toward change
- This is the "uh-oh" stage
- Are often anxious and worried; they are really experiencing the suffering/problems
- May have tried and "failed" to change in the past

Action takers:

- Take action – modify their behavior, activities and/or environment. The "I'm on it" stage
- Often erroneously equate action with change – as do many service providers
- May still have some conflicting feelings about the change
- May discover their change plans need to be revised

Maintainers:

- "The grind" stage
- Work to consolidate gains
- Sometimes struggle to sustain behavior and prevent relapse
- Continue maintenance from six months to a lifetime

Relapse:

- A natural part of the process
- Breaking a promise to oneself, so self-esteem and self-efficacy goes down
- Often caused by major life changes (welcome or unwelcome)