

Stages and Processes of Change

Stage	Characteristics	Process Strategies
Precontemplation (What problem?)	<ul style="list-style-type: none"> • I'm not ready to change and may not need to change. • Maybe it's you who should change. • I think I'm OK the way I am. 	<ul style="list-style-type: none"> • Make a list of benefits of change. • Discuss the need for change with someone you respect. • Complete a health risk assessment.
Contemplation (Not quite ready)	<ul style="list-style-type: none"> • I know I should change, but ... • I'm not sure I can do it. • I need more information. • If only it was easier. 	<ul style="list-style-type: none"> • Make a list of pros and cons. • Read about the problem/need area, and be open to new information. • Talk to someone who made a similar change.
Preparation (I will, soon)	<ul style="list-style-type: none"> • I'm making plans to get started in the next 30 days. • I've tried before and it didn't work, but I'm going to do better this time. 	<ul style="list-style-type: none"> • Write down your goals, be realistic, and don't expect miracles. • Keep a log of current behaviors. • Make a verbal commitment to those close to you.
Action (Real behavior change)	<ul style="list-style-type: none"> • I've made changes, and I'm working at maintaining them. • I'm determined to succeed. • I need all the support I can get. • I have built-in rewards to help me keep to my plan. 	<ul style="list-style-type: none"> • Get help in formulating your goals. • Develop a step-by-step action plan. Ask for support from those close to you. • Make a plan to deal with any lapse.
Maintenance (Hang on to changes)	<ul style="list-style-type: none"> • My changes are benefiting me. • I know I need to keep focused and not revert to old behaviors. • I know what to do if I start to lose motivation. 	<ul style="list-style-type: none"> • Increase, improve, and add variety to your program. • Maintain a plan to deal with lapses. • Chart your progress, reward yourself, and be positive.
Termination (The ultimate goal)	<ul style="list-style-type: none"> • I am completely self-motivated now, but I also know that I can slip. I still need support. • I believe I can handle whatever comes along. 	<ul style="list-style-type: none"> • Continue to seek support. • Keep a record of your success. • Help others who desire to change. • Be supportive to friends and family.