

## Stages and Processes of Change

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