



THE STAGES OF CHANGE

- 1. PRECONTEMPLATION.** You're crazy!! I don't need to change anything!
- 2. CONTEMPLATION.** OK, so maybe I have a problem and I need to change.
- 3. PREPARATION.** OK, I know I have a problem. But you can't really expect me to change before the weekend?! I'll do it on Monday.
- 4. ACTION.** OK, I know I have a problem (admit), I have begun a program for change (counseling/treatment) that I know I will need to continue (commit), and I have stopped the behavior (abstinence).
- 5. MAINTENANCE.** I've not had that behavior/problem for more than 6 months now!
- 6. *RELAPSE/RECYCLE.** Oh, @#*%! I thought I'd NEVER do that again! Now what?

**Relapse: Back to the beginning – square one*

Recycle: Lapsed back into old behavior but not back to square one; back to some level of change.

Adapted and excerpted from Changing for Good, by James O. Prochaska, John Norcross, and Carlos DiClemente.