

Prochaska and DiClemente's Stages of Change Model

Stage of Change	Characteristics	Techniques
Pre-contemplation	Not currently considering change: "Ignorance is bliss"	<p>Validate lack of readiness</p> <p>Clarify: decision is theirs</p> <p>Encourage reevaluation of current behavior</p> <p>Encourage self-exploration not action</p> <p>Explain and personalize the risk</p>
Contemplation	<p>Ambivalent about change: "sitting on the fence"</p> <p>Not considering change within the next month"</p>	<p>Validate lack of readiness</p> <p>Clarify: decision is theirs</p> <p>Encourage evaluation of pros and cons of behavior change</p> <p>Identify and promote new, positive outcome expectations</p>
Preparation	<p>Some experience with change and are trying to change: "testing the waters"</p> <p>Planning to act within 1 month</p>	<p>Identify and assist problem solving re: obstacles</p> <p>Help patient identify social support</p> <p>Verify that patient has underlying skills for behavior change</p> <p>Encourage small initial steps</p>
Action	<p>Practicing new behavior for</p> <p>3-6 months</p>	<p>Focus on restructuring cues and social support</p> <p>Bolster self-efficacy for dealing with obstacles</p> <p>Combat feelings of loss and reiterate long-term benefits</p>
Maintenance	<p>Continued commitment to sustaining new behavior</p> <p>Post-6 months to 5 years</p>	<p>Plan for follow-up support</p> <p>Reinforce internal rewards</p> <p>Discuss coping with relapse</p>
Relapse	Resumption of old behaviors: "fall from grace"	<p>Evaluate trigger for relapse</p> <p>Reassess motivation and barriers</p> <p>Plan Stronger coping strategies</p>