

Stages of Change

Precontemplation
1

I don't have a problem.
I'm not ready!
I don't need to change.
Leave me alone.



Contemplation
2

I'm thinking about it.
What are the benefits of changing?
What are the costs of not changing?
I know I can do this.



Commitment Preparation
3

I want to change.
What do I need to do?
Who can I talk to?
I need a plan.



Action
4



I'm getting started!
I am doing it!
My confidence is up.

Maintenance
5



I am successful.
I am an achiever.
I overcome obstacles.

Termination
6



I can keep doing it
without help/check-ins!
I am on my way!
I can make other changes.