Stages of Change

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse

Prochaska & DiClemente (1983)
Stages of Change: Patient Examples

- **Precontemplation**: “Everything is fine”
- **Contemplation**: “I’m willing to think about it”
- **Preparation**: “I have a plan in place, just waiting for the right time”
Stages of Change: Patient Examples

- **Action**
  - “Doc, I took your advice...”

- **Maintenance**
  - “If things stay like this, I’ll be happy”

- **Relapse**
  - “Oops!”