

Stages of Change

1) PRECONTEMPLATION STAGE

"IT ISN'T THAT WE CAN'T SEE THE SOLUTION. IT IS THAT WE CAN'T SEE THE PROBLEM"

Precontemplators usually show up in therapy because of pressures from others... spouses, employers, parents, and courts... Resist change. When their problem comes up, they change the topic of conversation. They place responsibility for their problems on factors such as genetic makeup, addiction, family, society, destiny, the police, etc.

They feel the situation is *HOPELESS*.

2) CONTEMPLATION STAGE

"I WANT TO STOP FEELING SO STUCK"

Contemplators acknowledge that they have a problem and begin to think about solving it. Contemplators struggle to understand their problems, to see its causes, and wonder about possible solutions. Many contemplators have indefinite plans to take action within the next few months.

"YOU KNOW YOUR DESTINATION, AND EVEN HOW TO GET THERE, BUT YOU ARE NOT READY TO GO YET"

It is not uncommon for contemplators to tell themselves that some day they are going to change. When contemplators transition to the preparation stage of change, their thinking is clearly marked by two changes. First, they begin to think more about the future than the past.

The end of contemplation stage is a time of *ANTICIPATION, ACTIVITY, ANXIETY, and EXCITEMENT*.

3) PREPARATION STAGE

Most people in the preparation stage are planning to take action and are making the final adjustments before they begin to change their behavior. Have not yet resolved their *AMBIVALENCE*. Still need a little convincing.

4) ACTION STAGE

Stage where people overtly modify their behavior and their surroundings. Make the move for which they have been preparing. Requires the greatest commitment of time and energy.

CHANGE IS MORE VISIBLE TO OTHERS.

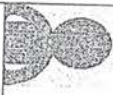
5) MAINTENANCE STAGE

Change never ends with action. Without a strong commitment to maintenance, there will surely be relapse, usually to precontemplation or contemplation stage.


MOST SUCCESSFUL SELF-CHANGERS GO THROUGH THE STAGES THREE OR FOUR TIMES BEFORE THEY MAKE IT THROUGH THE CYCLE OF CHANGE WITHOUT AT LEAST ONE SLIP. MOST WILL RETURN TO THE CONTEMPLATION STAGE OF CHANGE. SLIPS GIVE US THE OPPORTUNITY TO LEARN

Five Stages of Change (Worksheet)

The Stages of Change model helps people describe how change happens. Think of yourself in each of the five stages and describe your experience in the space provided.

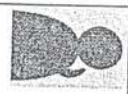


5. Maintenance
A time when *you maintained the changes you made* for more than six months.

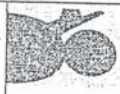


1. Pre-Contemplation
A time when *you didn't critically evaluate your behaviour*, you didn't even think you wanted to change.


Five Stages of Change



2. Contemplation
A time when *you started thinking about changing your behaviour*. (e.g., weighing pros and cons, credibility of sources, accuracy of information and reliability.)



4. Action
A time when *you acted on your decision* to change your behaviour. Your action lasted from one day to six months.



3. Preparation
A time when *you made the decision to change your behaviour* (e.g., As a result of critical thinking and weighing the pros and cons of doing the behaviour your intention was to change.)

Stages of Change Questions

(in-class exercise)

Where are you in the stages of change? _____

If you are in the Pre-contemplation stage, what motivated you to come?

If you are in the contemplation stage, what will it take to "tip" you into the preparation stage?

If you are in the preparation stage, what will it take to "tip" you into the action stage?

If you are in the action stage, what will you need to maintain your motivation?
