



ARE YOU HAVING TROUBLE MAKING A CHANGE?

STAGES OF CHANGE

Use this guide to help you work through the process of change whether you're improving your health or your relationships.

Stages of Change



Do you want to improve your health but having trouble making the change?

Do you want to better your relationships for more connection and satisfaction?

Maybe you need to understand the Stages of Change!

Introduced in the 1970s, the Stages of Change model was initially developed to help people quit smoking or use undesired substances. Since that time, this model has been adapted to help people change other undesired behaviors in their life without shame or guilt. The model focuses on building momentum through six stages that we all occupy at some point in our process of change. Read the following pages to learn the stages and how you can incorporate them into your plan in reaching your goal.

The 6 Stages



1. PRECONTEMPLATION

Process: In denial or problem or simply ignoring it
Helpful strategy: Analyze your current behavior and its current risks

2. CONTEMPLATION

Process: Feeling conflicted about concern/desire to change
Strategy: Explore pros and cons of change and identify current barriers

3. PREPARATION

Process: Taking some steps towards change & observing
Strategy: Write down goals & create SMART goal plan, increase motivation

4. ACTION

Process: You take direct action towards goal & implement plan
Strategy: Use affirmations and self-praise, use social supports

5. MAINTENANCE

Process: Maintain progress, cope with anxiety and fear of failure
Strategy: Actively cope & continue affirmation of changes you've made

6. RECURRENCE

Process: Sliding back in execution of change, increase of negative feelings like frustration, disappointment, shame, etc.
Strategy: Cope with & accept mistake, revise plan and recommit



What do to next...

Here are some questions to help you reflect on the stage that you're currently in as you try to change your desired behavior. Let these questions guide what strategies you need to move forward with change.

- What changes could I make now to improve my quality of life?
- What are the consequences without change?
- What do I gain from making change? What am I afraid of losing?
- Have I tried to make this change before? What happened?
- What barriers do I face when I think of changing this behavior?
- What will help me make and sustain this change?
- How does my plan of change support my longer term goals?
- What sources of support can help me along the way?
- How can I acknowledge my changes in a positive way?
- What affirmations help me feel empowered and strong?
- What factors contributed to my recurrence?
- How can I reduce the possibility of that happening again?
- Who can I reach out to for more encouragement and support?
- How can I recommit myself to my goal?