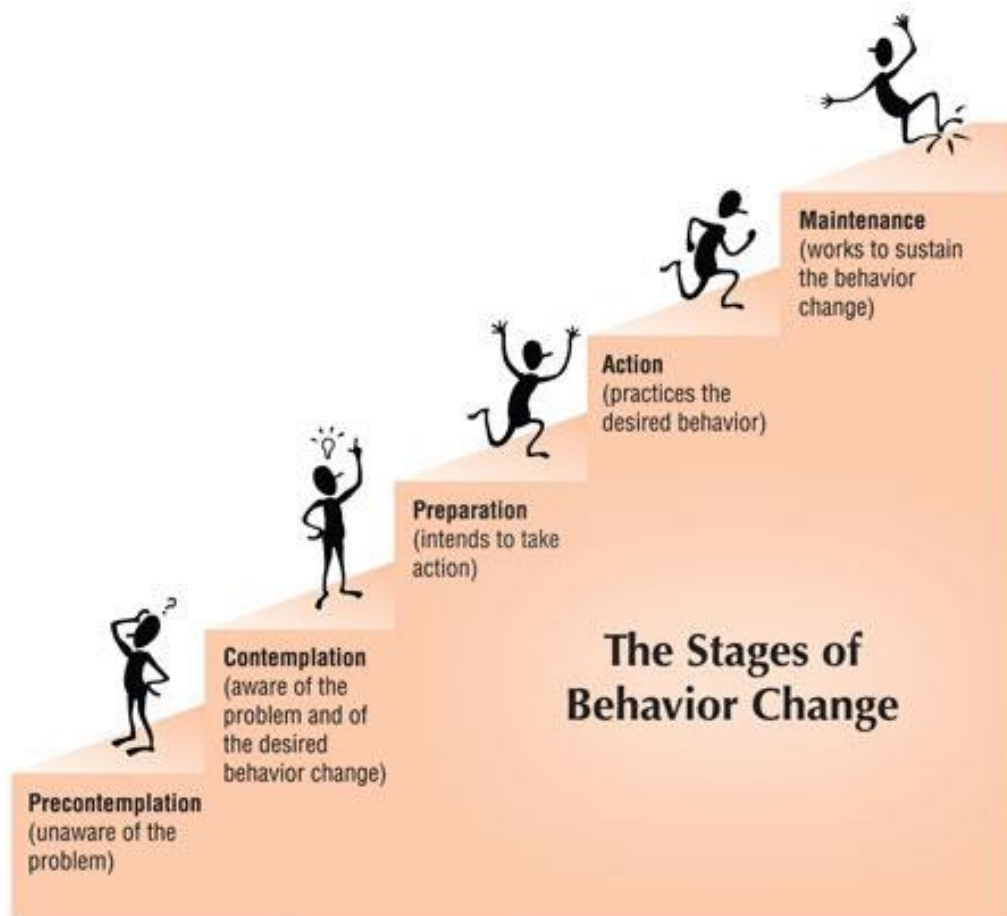


Transtheroretical Model of Change

by Prochaska and DiClemente, 1983

The Stages of Change:

1. **Pre-contemplation** – the individual does not know or acknowledge that there is a problem behavior that needs to be changed
2. **Contemplation** – the individual knows and acknowledges that there is a problem, but is not yet ready to or sure if they want to make a change
3. **Preparation/Determination** – the individual is getting ready to change
4. **Action/Will-power** – the individual is taking action towards changing their behavior
5. **Maintenance** – the individual using their skills and tools to help them maintain the positive change in their behaviors



Sources: Grimley 1997 (75) and Prochaska 1992 (148)