



Precontemplation

When people are in this stage, they do not intend to take any action in the foreseeable future. This is usually because they don't know much about the consequences of their behavior, or they've tried to change their behavior in the past and have become demoralized.

Contemplation

This is the stage in which people are thinking about changing, and they usually intend to do it within the next six months. They are still not ready to change because they perceive there to be more barriers to changing than benefits to changing. They haven't done much to remove these barriers, even though they are aware of the potential benefits. People typically get stuck in this stage for a long time.

Preparation

When people are in this stage, they intend to make changes very soon and have already begun to take some steps towards doing so. They've done a bit of research and have actively done things to emphasize the benefits of change and move past the barriers.

Action

This is the stage in which people are making specific changes in their lifestyles. They have actively removed any barriers and are changing their behavior.

Maintenance

When people are in this stage, they have consistently been performing the behavior in question and are less likely to relapse into any of the previous stages. The new behavior has been maintained over time and is more likely to have become a mainstay.

Relapse

Often times, people can go backwards in the Stages of Change model and this is called regression. Relapse occurs specifically when people regress from the Action or Maintenance stages into one of the previous stages.

Precontemplation

I don't have a problem...



Contemplation

Maybe I have a problem...



Preparation

I've got to do something but what?...



Action

I'm ready to start!



Maintenance

How do I keep going?



Relapse

What went wrong?

