

<i>Pre-contemplation</i>	<i>Contemplation</i>	<i>Decision</i>	<i>Action</i>	<i>Relapse</i>	<i>Maintenance</i>	
<i>Description of the stage:</i>	No conflict, no interest in change	Increasing conflict between status quo and desire to change	Conflict culminates in intention to change	An attempt to change is made	Most times the first attempt doesn't last	Sometimes the change is integrated into ongoing life
<i>Activities of the person in this stage:</i>	"Denial" of a problem that other people see	Information gathering, creating an identity, "trying it on"	Telling people you are ready to change, preparing for action	Trying to change	Falling back into previous behavior	Mostly steady steps to keep resolving barriers as they come up, becomes easier over time
<i>What increases motivation at this stage:</i>	Presentation with factual data about what is problematic to others, their concerns; this raises doubt  COURAGE	Support and time for noticing discrepancy, exploring risks and benefits of change or not, strengthening self-efficacy  EMPATHY/ PATIENCE	Helping yourself decide on a course of action; obtaining concrete information for use in this specific situation  PRACTICAL ADVICE	Support and time for taking action, anticipating the need to problem-solve  CREATIVITY	Letting yourself progress through the stages again, avoiding becoming demoralized, treating the relapse as opportunity to learn  COMPASSION	Focusing on consistency, which involves skills to come out of relapse and problem-solve how changing impacts life  CONSISTENCY/ PATIENCE
<i>What does not increase motivation or may increase resistance:</i>	Being offered solutions before you've decided there's a problem  (creates defensiveness: "I don't have a problem")	Identifying with one side of the conflict rather than holding the tension: e.g., Nagging/criticism, OR meeting concerns with arguing/rationalizations	Identifying as a "good girl" - invoking too much approval from the outside for your own choice about change; or undermining self-efficacy, e.g., self-disparagement	Ditto (from left)	Saying "I told you so," regarding relapse as failure, underscoring your identity as someone who can't change	Giving only intermittent effort or attention (not being consistent), capitulating to the hopelessness, feeling you're not entitled to anything better
<i>Where are you now in the model with the issue you identified?</i>						
<i>Examples of goals for each stage</i>	Plan a time to get feedback from a friend who is concerned about you	Set aside 5 minutes a day when you can think about the issue; or  "Poll" the different parts of yourself about the issue	Search the web for resources devoted to the issue; or  Call a hotline to talk to a real person about what to do next	OK, give it a whirl: Take care of yourself a different way, and then write about how it felt	When you start to mentally beat yourself up, stop that thought with the thought that relapse is a valuable opportunity to build "damage control" skills	Come up with a list of what has gotten in the way of being consistent with your change. Set aside 3 minutes every day to picture yourself practicing this change for the rest of your life.

Table based on the Transtheoretical Model by Prochaska and DiClemente, 1982.

## TRANSTHEORETICAL MODEL OF CHANGE

