**Understanding the Stages of Change: Review**

### Stages of Change

**Maintenance:**
Working to maintain behavior changes for the past six months or longer.

**Action:**
Currently making observable and measurable changes to a behavior.

**Preparation:**
Planning to make a change, usually within the next month.

**Contemplation:**
Unsure about whether or not to make a change within the next six months.

**Precontemplation:**
Uninterested in making a change within the next six months.

### Processes of Change

**Pre-action Processes**

- **Consciousness-raising:** Get the facts
  - Raise awareness through education and feedback.

- **Social Liberation:** Consider public support
  - Recognize the social supports for healthy behavior.

- **Helping Relationships:** Seek support; ask for help
  - Seek support from positive role models and professional help.

- **Dramatic Relief:** Harness emotional experiences
  - Use heightened emotional experiences to challenge past choices.

- **Self-reevaluation:** Examine thoughts, values and attitudes
  - Recognize your inconsistencies between values and actions.

- **Environmental Reevaluation:** Explore impact of self and others
  - Explore how your actions have affected others.

- **Commitment:** Make a commitment; go public
  - Commit to your ability and willingness to make a change.

- **Rewards:** Use rewards; reinforcement
  - Provide consequences for particular actions or behaviors.

- **Countering:** Use substitutes; countercondition
  - Replace unhealthy behaviors with more positive ones.

- **Environmental Control:** Manage environments
  - Change your environment to reduce or avoid temptations.

### Action Processes

**Precontemplation**

**Contemplation**

**Preparation**

**Action**

**Maintenance**