

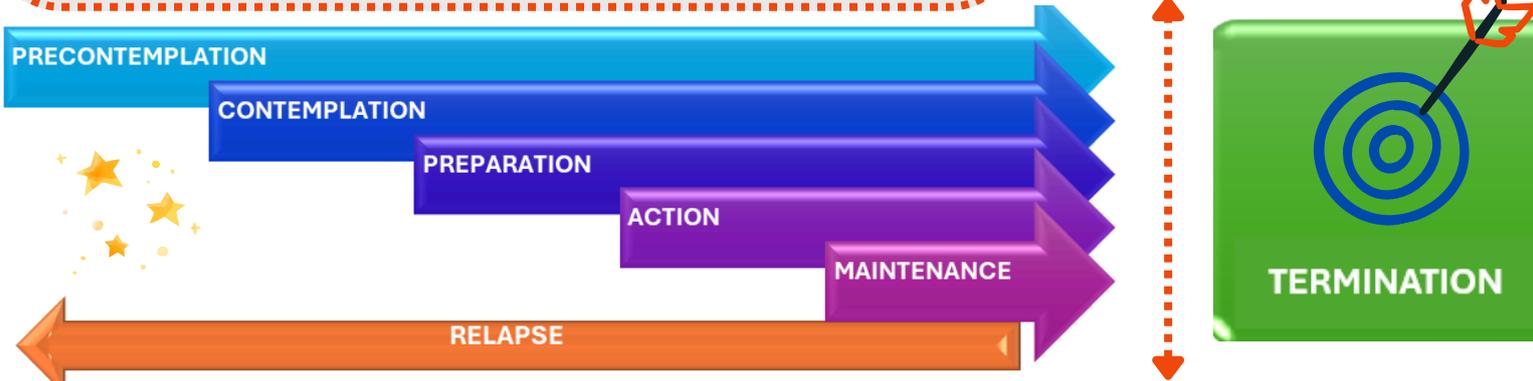


Stages of Change (Transtheoretical Model)

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The Stages of Change, formally known as the Transtheoretical Model, provides a structured framework for understanding the stages of behavior change; from lack of awareness to sustained long-term change. This comprehensive approach helps in identifying where an individual is in their change journey.



Individuals may fluctuate between the stages. However, by recognizing where an individual is in the process, you can provide stage-appropriate support. You may help individuals navigate the complex process of behavior change more effectively, increasing their chances of achieving and maintaining their goals.

Signs

Precontemplation: There is no intention to change within the upcoming 6 months or recognition of the negative consequences of the current behavior.

Contemplation: The unhealthy behavior is acknowledged, the pros and cons are weighed, and there is a likelihood of taking action within the next six months.

Preparation: Initial steps towards change are made, and a plan to act within the next 30 days is developed.

Action: In the past 6 months, changes have been implemented, and healthy behaviors are evident, although relapse prevention remains necessary.

Maintenance: Healthy behavior change has been sustained for more than 6 months, making relapse less likely to happen.

Termination: Healthy behavior has become a permanent lifestyle, with no desire to revert to previous behaviors.

Responses

Precontemplation: Engage in open, empathetic conversations to help individuals recognize the need for change without being judgmental. Educate about the risks associated with current behavior and the benefits of change.

Contemplation: Help individuals weigh the benefits and drawbacks of changing versus maintaining the behavior while validating feelings and encouraging the possibility of change. Set a realistic short-term goal to increase motivation.

Preparation: Work with individuals to develop a concrete plan of action, including specific steps, timelines, and resources needed. Provide training or resources to build the skills necessary for change (e.g., coping strategies, asking for help, problem-solving).

Action: Recognize and celebrate achievements and milestones to reinforce the new behavior. Educate about potential triggers for relapse and help individuals identify or address barriers to change.

Maintenance: Continue to provide encouragement and support to help individuals maintain the new behavior. Regular check-ins to discuss progress, challenges, and adjustments to the plan. Prepare individuals for potential setbacks and reinforce the importance of perseverance, using setbacks as learning opportunities.

Termination: Assist in developing long-term strategies to ensure the behavior remains a permanent part of their lifestyle. Encourage ongoing engagement in activities that support the new behavior and prevent regression.

"Change is not an event, it's a process" - Cheryl James