

# STAGES OF CHANGE

*\*\*Anyone can enter treatment at any of these various stages\*\**

## 1 Pre-Contemplation

A person is not seeing a need for lifestyle or behavior change.

## 2 Contemplation

A person is considering making a change but has not decided yet.

## 3 Preparation

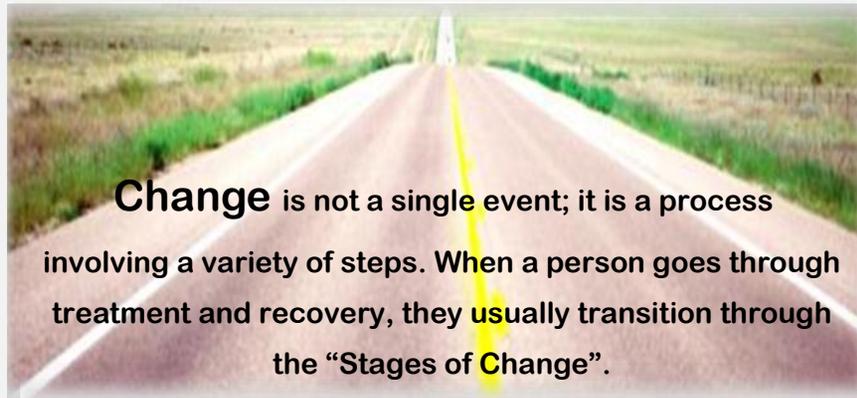
A person has decided to make changes and is considering how to make them.

## 4 Action

A person is actively doing something to change.

## 5 Maintenance

A person is working to maintain the change or new lifestyle, possibly with some temptations to return to the former behavior or small lapses.



SOURCE: Martino, S., Ball, S.A., Gallon, M., Ceperich, S., Farentinos, C., Hamilton, J., and Hausotter, W. (2006) Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency. Salem, OR: Northwest Frontier Addiction Technology Transfer Center, Oregon Health and Science University.