



THE COUNSELING AND WELLNESS C E N T E R

Stages of Change (Prochaska & DiClemente, 1984)

Stages of Change	Characteristics
Precontemplation	<ul style="list-style-type: none">- No consideration of any problem- Denial
Contemplation	<ul style="list-style-type: none">- Thinking there might be a problem- Ambivalent- No consideration of change
Preparation	<ul style="list-style-type: none">- Some experience with change and trying to change- Trying something new- Planning to act soon
Action	<ul style="list-style-type: none">- Having and carrying out a plan- Practicing new behavior
Maintenance	<ul style="list-style-type: none">- Commitment to the new behavior- Aware of urges to go back to the old/changed behavior