

## Stages of Change

## Handout 3

Stage	Patient Characteristic/Behavior
• Pre-contemplation	• Not thinking about making a change
• Contemplation	• Ambivalence about making a change
• Preparation	• Decision made to change in the near future
• Action	• Taking definite action to change (<6 months)
• Maintenance	• Making an effort to maintain new behavior over time (>6 months)
• Relapse	• Return to old behavior can occur at any stage causing feelings of disappointment, and frustration, focus on why triggers

<https://www.verywellmind.com/the-stages-of-change-2794868>

<https://rcni.com/hosted-content/rcn/first-steps/stages-of-change-model-practice>