

# THE STAGES of CHANGE

Small steps. Big change. You can do this!

The Stages of Change (also called the Transtheoretical Model) explains that change happens in steps. There is no "right" or "wrong" stage. Wherever you are is okay—it's part of the process!

## THE 6 STAGES OF CHANGE

### 1 PRECONTEMPLATION



Not thinking about changing. May not see a problem or need for change.

#### Example:

"I don't think I have a problem."

### 2 CONTEMPLATION



Thinking about change. Aware there may be a problem, but unsure about changing.

#### Example:

"I know I should make a change, but I'm not sure."

### 3 PREPARATION



Getting ready to change. Planning, gathering information, or making small steps.

#### Example:

"I'm ready to take action soon."

### 4 ACTION



Actively making changes. Using strategies and doing the work.

#### Example:

"I'm making changes and working on my goal."

### 5 MAINTENANCE



Sustaining change. Building new habits and avoiding old patterns.

#### Example:

"I'm keeping up the good work!"

### 6 RELAPSE



Returning to old patterns. This is not failure—it's a chance to learn and try again.

#### Example:

"I slipped, but I can get back on track."

## ★ WHERE AM I NOW? Answer the questions below to help identify your current stage of change.

1 How do you feel about changing this behavior or habit right now?

- a. I don't see a need to change.
- b. I know I should change, but I'm not ready.
- c. I want to change and am getting ready.
- d. I am actively changing.
- e. I am maintaining my change.
- f. I slipped, but I want to try again.

My answer: \_\_\_\_\_  
(a=1, b=2, c=3, d=4, e=5, f=6)

2 What best describes your thoughts about change?

- a. I haven't thought about it.
- b. I think about it sometimes.
- c. I've been thinking seriously about it.
- d. I'm focused on taking action.
- e. I'm focused on staying consistent.
- f. I'm upset I went back, but I'll keep trying.

My answer: \_\_\_\_\_  
(a=1, b=2, c=3, d=4, e=5, f=6)

3 What have you done so far?

- a. Nothing yet.
- b. I'm learning more about it.
- c. I've made a plan or set a goal.
- d. I've started making changes.
- e. I've been doing well for a while.
- f. I stopped, but I want to start again.

My answer: \_\_\_\_\_  
(a=1, b=2, c=3, d=4, e=5, f=6)

4 How confident do you feel about changing?

- a. Not at all.
- b. A little.
- c. Somewhat.
- d. Pretty confident.
- e. Very confident.
- f. I'm not sure right now.

My answer: \_\_\_\_\_  
(a=1, b=2, c=3, d=4, e=5, f=6)

5 If you slipped or went back to old habits, what would you say to yourself?

- a. I'd give up.
- b. I'd feel bad and don't know what to do.
- c. I'd learn from it and try again.
- d. It's part of the process—I'll keep going.
- e. I know how to get back on track.
- f. I'll try again tomorrow.

My answer: \_\_\_\_\_  
(a=1, b=2, c=3, d=4, e=5, f=6)

6 How long have you been working on this change?

- a. Not at all.
- b. Just thinking about it.
- c. A few days to a few weeks.
- d. A few weeks to a few months.
- e. More than 6 months.
- f. I'm starting over again.

My answer: \_\_\_\_\_  
(a=1, b=2, c=3, d=4, e=5, f=6)

## ADD UP YOUR SCORES

Add your answers from 1-6.

My total score: \_\_\_\_\_



## WHAT STAGE AM I IN?

Use your total score to find your stage. (Each stage has a range—if you're on the high end of one range, you may be moving into the next stage!)

- 6 - 11 = Stage 1 Precontemplation
- 12 - 17 = Stage 2 Contemplation
- 18 - 23 = Stage 3 Preparation
- 24 - 29 = Stage 4 Action
- 30 - 35 = Stage 5 Maintenance
- 36 - 42 = Stage 6 Relapse (and Renew)



## WHAT DOES THIS MEAN FOR ME?

Knowing my stage helps me:

\_\_\_\_\_

\_\_\_\_\_

One small step I can take today:

\_\_\_\_\_

\_\_\_\_\_



Be patient and kind with yourself. Change takes time, courage, and practice.

You are stronger than you think!

