

5 stages of Change



Precontemplation

Definition: Not yet considering change or is unwilling or unable to change.

Peers in precontemplation often seek services because of pressure from others. They can often feel their situation is hopeless.

Primary Task:
Raising Awareness



Contemplation

Definition: Sees the possibility of change but is ambivalent and uncertain.

Peers in contemplation will acknowledge that they have a problem and begin to think about solving. Peers can struggle to understand the problem, the causes or possible solutions.

Primary Task:
Resolving ambivalence/helping to choose change.



Preparation

Definition: Committed to changing. Still considering what to do.

Most peers in the preparation stage are planning to take action and are making the final adjustments before they begin to change their behaviors.

Primary Task:
Help identify appropriate change strategies.



Action

Definition: Taking steps toward change but hasn't stabilized in the process.

Peers in the action stage overtly modify their behavior and their surroundings. They make the moves for which they have been preparing.

Primary Task: Help implement change strategies and learn to eliminate potential relapses.



Maintenance

Definition: Has achieved the goals and is working to maintain change.

Change never ends with action. Without a strong commitment to maintenance, there can be relapse, usually to precontemplation or contemplation stage.

Primary Task:
Develop new skills for maintaining recovery.

