

Stages of Change

Change is not a single event; it is a process involving a variety of steps. When a person goes through treatment and recovery, they usually transition through the “Stages of Change”.



Pre-Contemplation

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



Contemplation

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



Preparation

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



Action

A person is actively doing something to change.



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.

*Anyone can enter treatment at any of these various stages

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.