

The Cycle of Change

(Adapted from Changing for Good, Prochaska, et. al, 1995)

Precontemplation – *Resisting Change*

Unaware and in denial about issue
Resistant, defensive, angry, avoidant



Contemplation – *Change is on the Horizon*

Examining how issue affects self and others
Emotional, brittle, uninformed



Preparation – *Getting Ready for Change*

Examining how to change and what life will look after change
Hopeful, wary, careful



Action – *Time to Move*

Implementing the plan and taking direct actions
Determined, confident, proactive



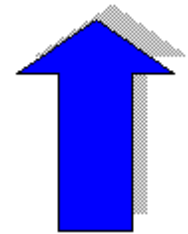
Maintenance – *Staying There*

Integrating the change into long-term behavior
Shifting short-term strategies into new beliefs
Determined, wary, connected to support, enjoying success



Termination – *Exiting the Cycle of Change*

The change is a part of the self
No desire to go back to old issue



Recycling

Hopeful, informed

