



Stages of Change Activity

Use this model to consider where you are in the change process or review how you progressed through the stages in the past. A review may help you find experience and skills for your current challenge.

Example

There are many stages in the change process, so being clear about what you need from the experience is important. *Consider this example as you begin...*

STAGE OF CHANGE	THINGS TO CONSIDER
Precontemplation "My doctor told me I need to start exercising to build up my strength."	At this point Karen is only considering this at the request of her doctor. She is not seriously thinking about it, but it is lingering in the back of her mind.
Contemplation "I am having trouble getting up the stairs. Maybe I should see what options are available."	Gathering information is the goal in this stage of change. Researching alternatives, asking for recommendations, maybe calling to ask questions. Karen is now actively thinking about the recommendation.

<p>Determination</p> <p>“My weakness is keeping me from doing things I like to do. I can’t keep up with my friends when we go to the mall. I need to make some changes.”</p>	<p>Her mind is made up. She is ready to make a commitment. Karen develops a plan to begin.</p>
<p>Action</p> <p>She buys a pair of good shoes, finds a class that fits her schedule, and begins the new regimen.</p>	<p>Karen joins a gym and starts classes three days a week. This plan works for her and she feels better after only a few weeks.</p>
<p>Maintenance</p> <p>Keeping up the schedule can be difficult with other things competing for time. Karen follows through, but it is hard some weeks.</p>	<p>She reminds herself how good it feels to take the stairs without stopping and go out with friends with no concern for how she will keep up. It keeps her motivated.</p>
<p>Relapse</p> <p>Holidays come up, she has to work late, or she gets sick and misses her classes for two weeks. It is hard to get back in the routine, but she is ready to take action again.</p>	<p>Karen asks for support and encouragement from her friends. A woman who takes the same class offers to give her a ride to help her get back in the groove. She moves back into a routine without more delays.</p>

Activity

Complete the activity with a review of how you may have used these stages with past challenges. Apply these same steps in analyzing a solution for your current challenge.

Reviewing Past Challenges

STAGE OF CHANGE	NOTES AND THINGS TO CONSIDER
Precontemplation - Not yet admitting that you have a challenge - suggested by someone else, such as doctor or friend	
Contemplation - Ambivalent - recognize there is an issue but not yet committed to making a change	
Action - Changing behavior - testing the new ideas - working towards the solution	
Maintenance - Continuing the new behavior - committed to the solution	
Relapse - Returning to old behaviors and abandoning the new changes - interruption in the new way of doing things - return to the contemplation stage	

Analyzing Your Current Challenge

STAGE OF CHANGE	NOTES AND THINGS TO CONSIDER
Precontemplation - Not yet admitting that you have a challenge - suggested by someone else, such as doctor or friend	
Contemplation - Ambivalent - recognize there is an issue but not yet committed to making a change	
Action - Changing behavior - testing the new ideas - working towards the solution	
Maintenance - Continuing the new behavior - committed to the solution	
Relapse - Returning to old behaviors and abandoning the new changes - interruption in the new way of doing things - return to the contemplation stage	

Adapted from: [Virginia Tech](#)