



Five Stages of Change & Transtheoretical Model

Dr. Kutzen • January 17, 2023





“Change is the act or process of transforming, shifting, or becoming different in nature.”

The Change Process



- Change is one of the most difficult processes in our lives.
- Why and how do people change?
- Understanding the role of motivation in the change process is important.



Motivational Interviewing & Change



Motivational interviewing recognizes **five** progressive stages to effectively replace unhealthy behaviors with healthy behaviors.

People can move through stages in a linear fashion but often regression occurs.



Overview of the Five Stages

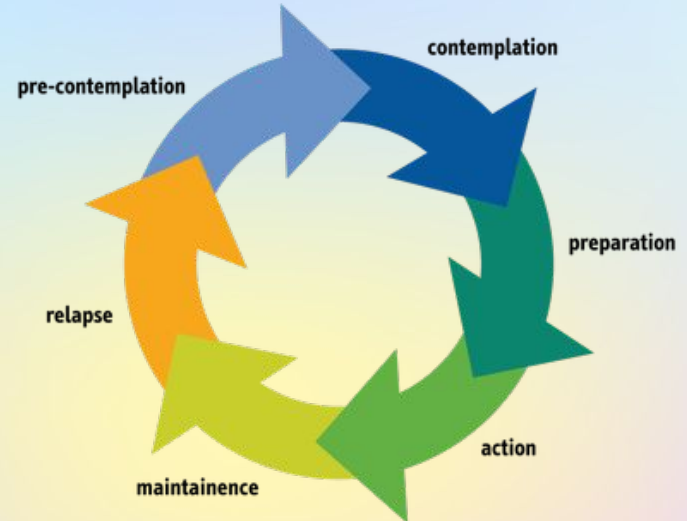
01 Pre-Contemplation

02 Contemplation

03 Preparation

04 Action

05 Maintenance





01

Pre-Contemplation

Building awareness for my need to change but not ready





Stage I: Pre-Contemplation

01

I don't think I can change/quit

02

I don't want to be told what to do regarding my behaviors

03

I haven't experienced any serious consequences

04

I really don't see many benefits to changing

02

Contemplation

Increase my pros for change and decrease my cons





Stage II: Contemplation

01

See how my behaviors can hurt others

02

I am noticing people who have changed and seem healthier and happier

03

I think I may experience more serious consequences if i don't change

04

I think I may be healthier and happier if I change

03

Preparation

Commit and plan





Stage III: Preparation

01

I am planning ways to change

02

I am seeking resources that will help me

03

I am ready to set a change date

04

I believe others will help me change if I ask them

04

Action

Implementing and revising my plan





Stage IV: Action

01

I am asking others for help

02

I am avoiding people, places, and things that are triggering

03

I am connecting with others and building new social networks

04

I am rewarding myself for making change accomplishments

05

Maintenance

Integrating change into my personal lifestyle





Stage V: Maintenance

01

I am going to continue my commitment to change

02

I am grateful for changing and living a healthier, happier life

03

I am serving and supporting others

04

I affirm and accept that I have changed

Transtheoretical Model

Stages of change

