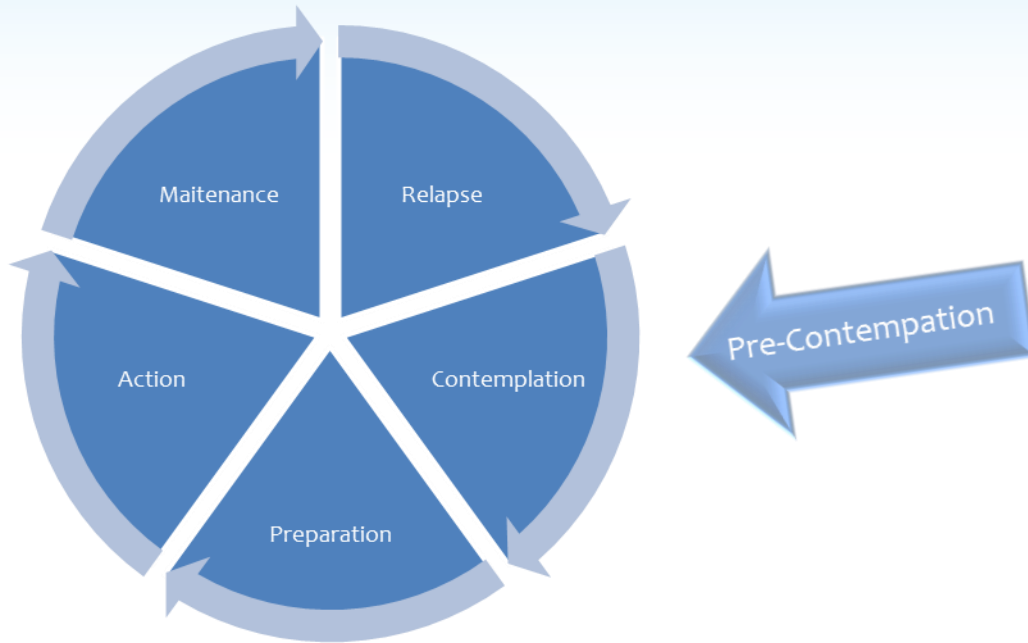




Wheel of Change



The Six Stages of Change

1. **Pre-Contemplation** You do not think your behavior is a problem
2. **Contemplation** You are considering the possibility of changing your behavior and at the same time rejecting the idea of change
3. **Preparation** You are leaning toward change, seriously considering no longer engaging the behavior
4. **Action** You are taking steps to no longer engage in the behavior
5. **Maintenance** You are identifying and using strategies to prevent relapse and addressing other areas of your life
6. **Relapse** You are renewing the processes of contemplation, preparation and action and not giving up on your goal

Adapted from Hollifield Associates Prochaska-Diclemente's Wheel of Change