

Assessing Your Stage of Change Worksheet

The worksheet will help you to understand and assess at what level and stage of change you are.

This model alludes to the way how behavior changes. In the Trans-theoretical model, change is a "process including progress through a progression of stages".

Precontemplation is the stage at which there is no intention to change behavior in the foreseeable future. You may call this as a denial stage

Contemplation is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it but have not yet made a commitment to take action." You may call this stage as ambivalent.

The preparation **stage** can be considered the information gathering and planning stage. The preparation stage is the most important. Fifty percent of the people who attempt behavior change and skip this stage will relapse within 21 days, according to Prochaska in his book, *Changing for Good*.

Action is the stage in which individuals modify their behavior, experiences, or environment in order to overcome their problems. Action involves the most overt behavioral changes and requires considerable commitment of time and energy." During the action stage, one implements the plans developed and information gathered in the preparation stage.

Maintenance is the stage in which people work to prevent relapse and consolidate the gains attained during action.

Termination – "People have zero enticements and they are certain they won't come back to their old undesirable propensity as a method for adapting