

Stages of Change in Recovery Worksheet

This model alludes to how behaviour 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 behaviour in the foreseeable future. You may call this a denial stage.

Contemplation is when people are aware that a problem exists and are seriously thinking about overcoming it but have not yet committed to taking action." You may call this stage ambivalent.

The preparation stage can be considered the information gathering and planning stage. The preparation stage is the most important. According to Prochaska in his book, Changing for Good, fifty per cent of people who attempt behaviour change and skip this stage will relapse within 21 days.

Action is the stage in which individuals modify their behaviour, experiences, or environment to overcome their problems. The action involves the most overt behavioural 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 the action.

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