

"STAGES OF CHANGE" TRANSTHEORETICAL MODEL

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)
[Prochaska & DiClemente]

#1: PRECONTEMPLATION ☹️

No way—I won't or I can't!



#2: CONTEMPLATION 😐

I may start—just not today.



#3: PREPARATION 😊

I will or have made an attempt to change.



#4: ACTION 😄😄

I am successful—but for less than 6 months.



#5: MAINTENANCE 😄😄😄

I still am successful (for 6 months) and continue to progress away from relapse!

✓ **Note:** Some relapse & recovery (↓↑↓) is to be expected.

The earlier stages (precontemplation, contemplation, preparation) are more cognitive while the later stages (preparation, action, and maintenance) are more behavioral. *Stage #3 Preparation* can be transitional between “early” and “later” stages and is where a person is A) planning to make an attempt to change in the next month or B) has made an unsuccessful attempt to change within the last year. To be successful at long-term behavior change, one must carefully “think about” behavior change (cognitive evaluation of pros & cons, etc.) before actually changing the physical behavior. ***It takes six months to realistically change a behavior for good; one can still relapse after six months, but it is less likely.***

*Ron Jones, [University of Rhode Island Cancer Prevention Research](http://www.ronjones.org), & [Wellcoaches Corporation](http://www.wellcoaches.com). (11-15-04)

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