

THE STAGES OF CHANGE



WHAT STAGE OF CHANGE ARE YOU IN?

I'm not planning on making a change within the next six months. You're in the **precontemplation** stage. You are not thinking of making a change at this time. For Example: You do not see that advice to lose weight or change your diet applies to you. You may feel immune to the health problems that strike others. You may have also tried so many times to make a change and you have just given up.

I'm thinking of making a change, but I'm not quite ready yet. You are in the **contemplation** stage. You may have mixed emotions about changing. Giving up the things you enjoy and rely on for comfort or ease may cause you to feel a sense of loss, despite the gains it will bring. You may also think about the barriers you will face, and those seem impossible to overcome.

I'm planning on making a change within the next 30 days. You are in the **preparation** stage. You have decided that a change is necessary. You may be experimenting with some adjustments and trying to figure out what will work.

I made a change within the past six months and I am sticking with it. You are in the **action** stage. Each decision you make in this stage is important because it demonstrates your desire to stick with this lifestyle change.

I made a change over six months ago and I am sticking with it. You are in the **maintenance** stage. To remain successful for the long run, it's important to remind yourself of your "why" on a regular basis and measure your progress. You will constantly gain new skills to help you avoid relapse. Maintenance involves successfully overcoming your barriers to avoid returning to unhealthy habits.