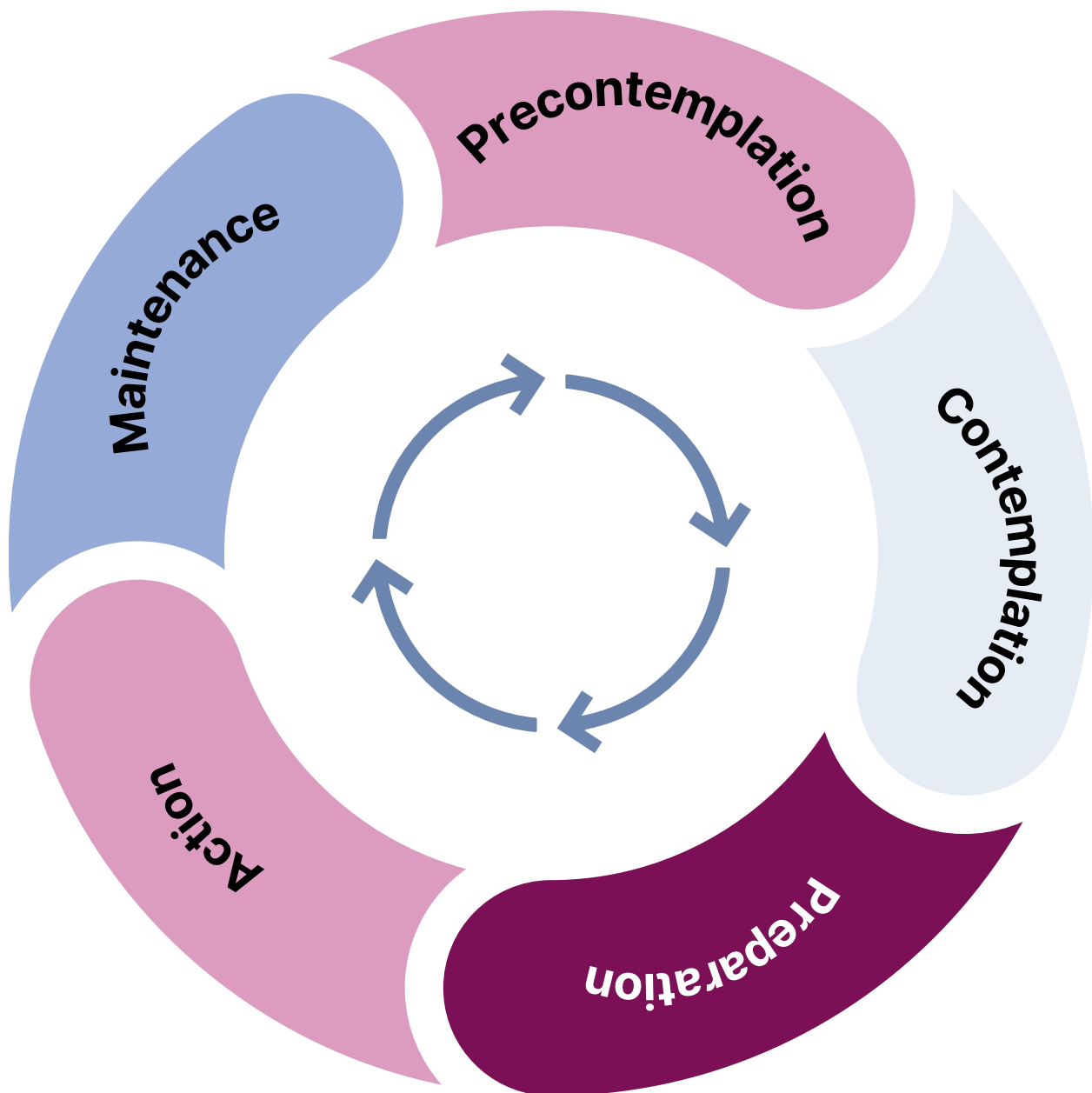


Stages of Change Worksheet



Stages of Change

Stages of Change Worksheet



Background

The Stages of Change model, also known as the Transtheoretical Model, is a framework for understanding the process of intentional behavior change. It identifies five key stages that people typically go through when making a change: Precontemplation, Contemplation, Preparation, Action, and Maintenance. This worksheet is designed to help individuals identify their current stage and plan their next steps.



Precontemplation Stage

You are not yet considering change.

Signs

- You may not see a problem or feel ready to change.
- Others may express concern, but you feel ambivalent or defensive.



Contemplation Stage

You are aware of the problem and considering change.

Signs:

- You acknowledge the problem and are thinking about making a change.
- You are weighing the pros and cons.



Preparation Stage

You are ready to take action soon.

Signs:

- You have decided to change and are planning how to do it.
- You might be gathering resources or making small steps.

Stages of Change Worksheet



Action Stage

You are actively working on change.

Signs:

- You are taking clear, concrete steps to change.
- You may have started new behaviors or routines.



Maintenance Stage

You have sustained the change for a while.

Signs:

- You are focused on maintaining the change and preventing relapse.
- You may be building new habits to support long-term success.

Which stage do you feel you are currently in?

What are the challenges or barriers you face in this stage?

List any obstacles or difficulties you are experiencing.
