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Activity 4: Explore the Stages of Change Model

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As you think about your understanding of the Stages of Change Model, answer the questions to the right.



Questions to Explore

1. How does it help you to know that there is a model and process for how individuals change their behavior over time?

2. What resonates most with you about the Stages of Change Model given your experience?

3. How does the Stages of Change Model help you to identify what you can do to progress?

Stages of Change
What stage am I in?

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Stages of Change
What stage am I in?

PRECONTEMPLATION
Build awareness for my need to change

CONTEMPLATION
Increase my pros for change and decrease my cons

PREPARATION
Commit and plan

ACTION
Implement and revise my plan

MAINTENANCE
Integrate change into my lifestyle