Stages of change

Everyone's journey is different- and progress isn't always linear.

Precontemplation
Not Ready for Change

"I'm not thinking about changing right now."

Focus:
Building trust, exploring values, planting seeds

Contemplation
Considering Change

"I'm starting to think something might need to shift."

Focus:
Curiosity, ambivalence, open exploration

Preparation
Getting Ready

"I want to make a change and I'm figuring out how."

Focus:
Planning, confidence-building, small steps

Action
Taking Action

"I've started making changes."

Focus:
Trying new behaviors, active effort, support

Maintenance
Staying on Track

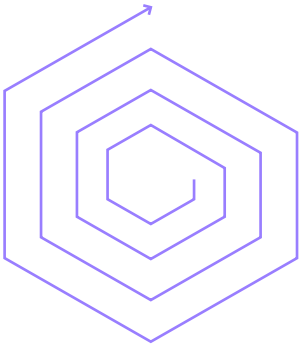
"I'm working to keep this going."

Focus:
Consistency, coping strategies, resilience

Relapse
Learning and Growing

"I've gone back to old habits, and I'm learning from it."

Focus:
Insight, compassion, recommitment



Learn from each relapse