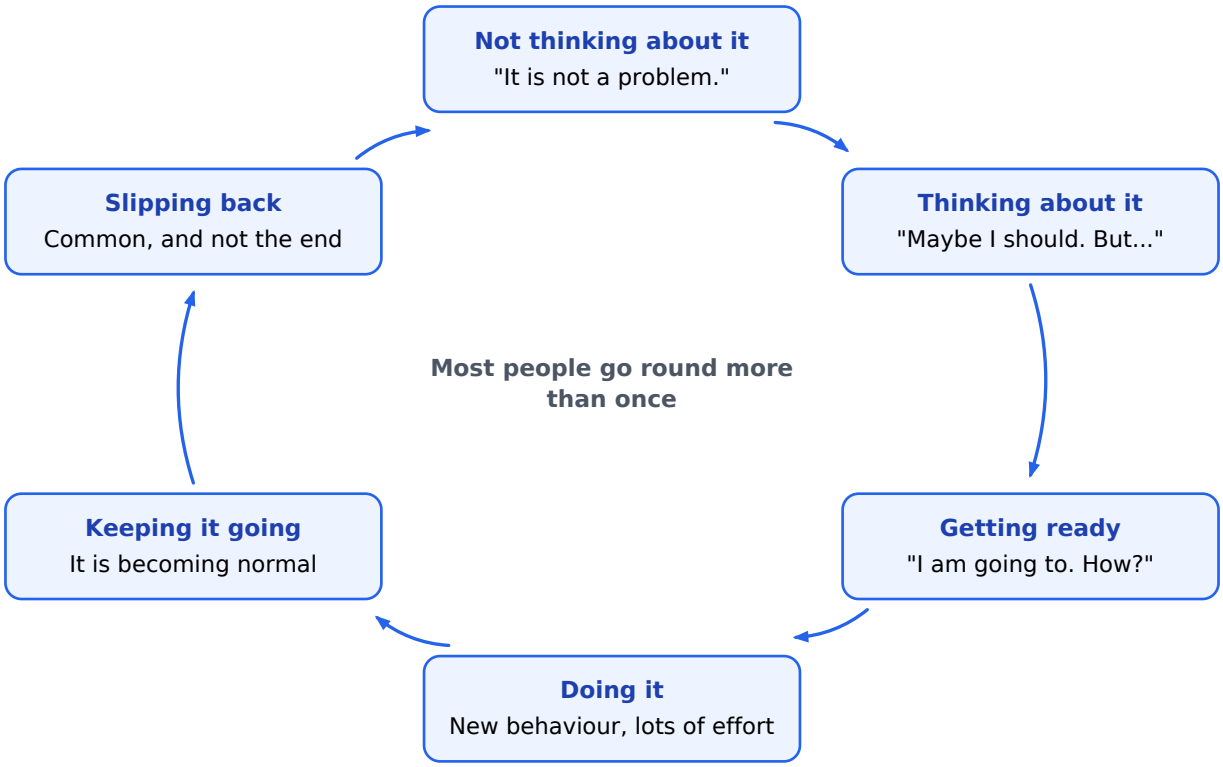
The stages of change

The stages people go through when changing a habit, and what helps at each.

People rarely change a habit in one go. Most move through stages, often more than once. Knowing where you are helps you choose the right next step.



Stage	What helps
Not thinking about it	Information, without pressure. Noticing the effects of the habit.
Thinking about it	Weighing up pros and cons. Thinking about what matters to you. Talking it through.
Getting ready	A clear, realistic plan. A start date. Telling someone. Removing temptations.
Doing it	Support. Coping with urges. Rewards. Taking it one day at a time.
Keeping it going	Knowing your risky situations. Building a life that makes the habit less needed.
Slipping back	Kindness, not shame. Learning what led to it. Starting again quickly.

Being in two minds is a normal stage of change. A slip does not send you back to the beginning. You keep what you have learned.

The change I am thinking about, and the stage I am at

What would help me take the next step?

Based on the stages of change model developed by James Prochaska and Carlo DiClemente.

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How ready am I?

Rate how important the change is to you and how confident you are that you can make it.

Name _____ Date _____

The change I am considering

How important is it to me to make this change?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Extremely

Why did I choose that number and not a lower one?

What would have to happen for it to go up by one or two?

How confident am I that I could do it if I decided to?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Extremely

Why that number and not a lower one? What gives me some confidence?

What would help it go up by one or two?

What I have managed to change before, and how I did it

The next small step that feels possible

If importance is low, the work is in looking at what matters to you. If confidence is low, the work is in skills, support and smaller steps.

The importance and confidence rulers come from Motivational Interviewing, developed by William Miller and Stephen Rollnick.

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