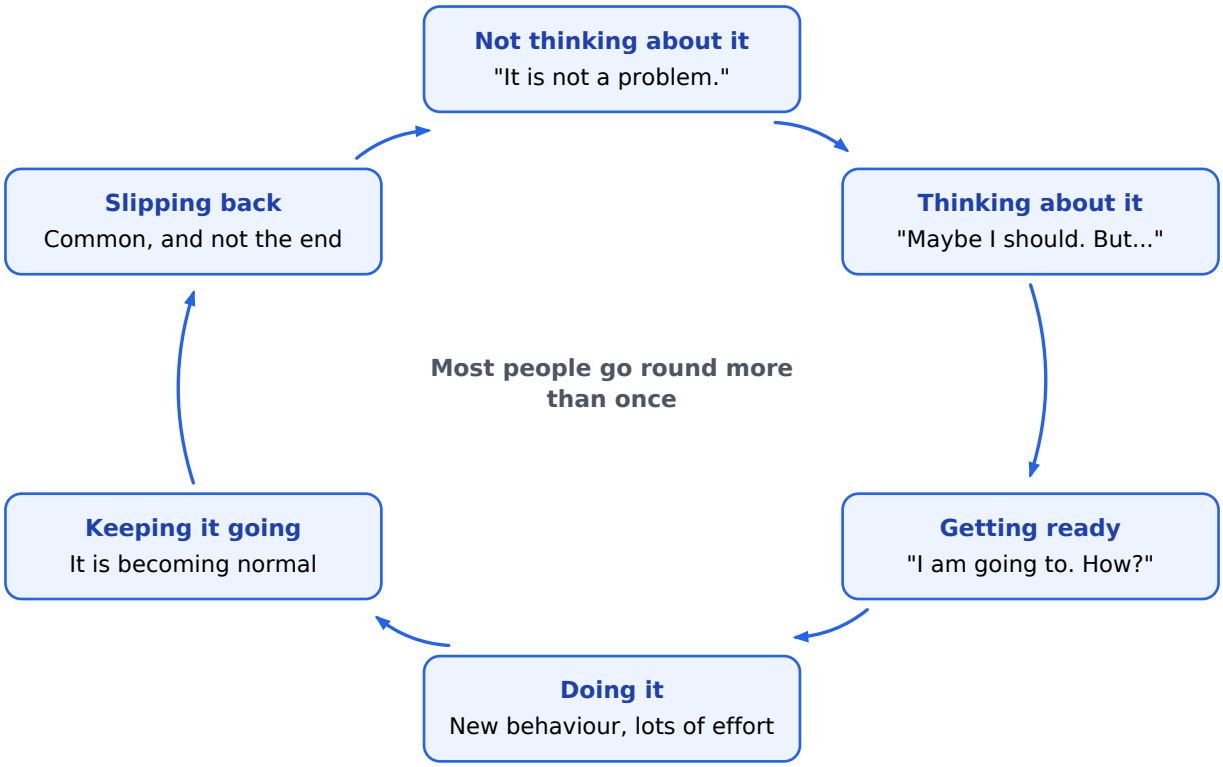
The stages of change

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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