

# Information Handout

Professional Version | US English

# Stages Of Change



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## Description

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Prochaska and DiClemente's transtheoretical model of behavior change is a way of understanding an individual's readiness for making behavioral change. It is often used in addictions work but is applicable more broadly to any area of behavioral change. The model is helpful for conceptualizing the mental states of individuals at different stages of their change journey. The *Stages of Change* worksheet illustrates the phases of this model (precontemplation, contemplation, preparation, action, maintenance, and relapse).

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## Instructions

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The *Stages of Change* worksheet can be used as a formulation tool to conceptualize a client's readiness for change, or as an information sheet to drive a discussion about change. It is a helpful starting point when discussing change with clients.

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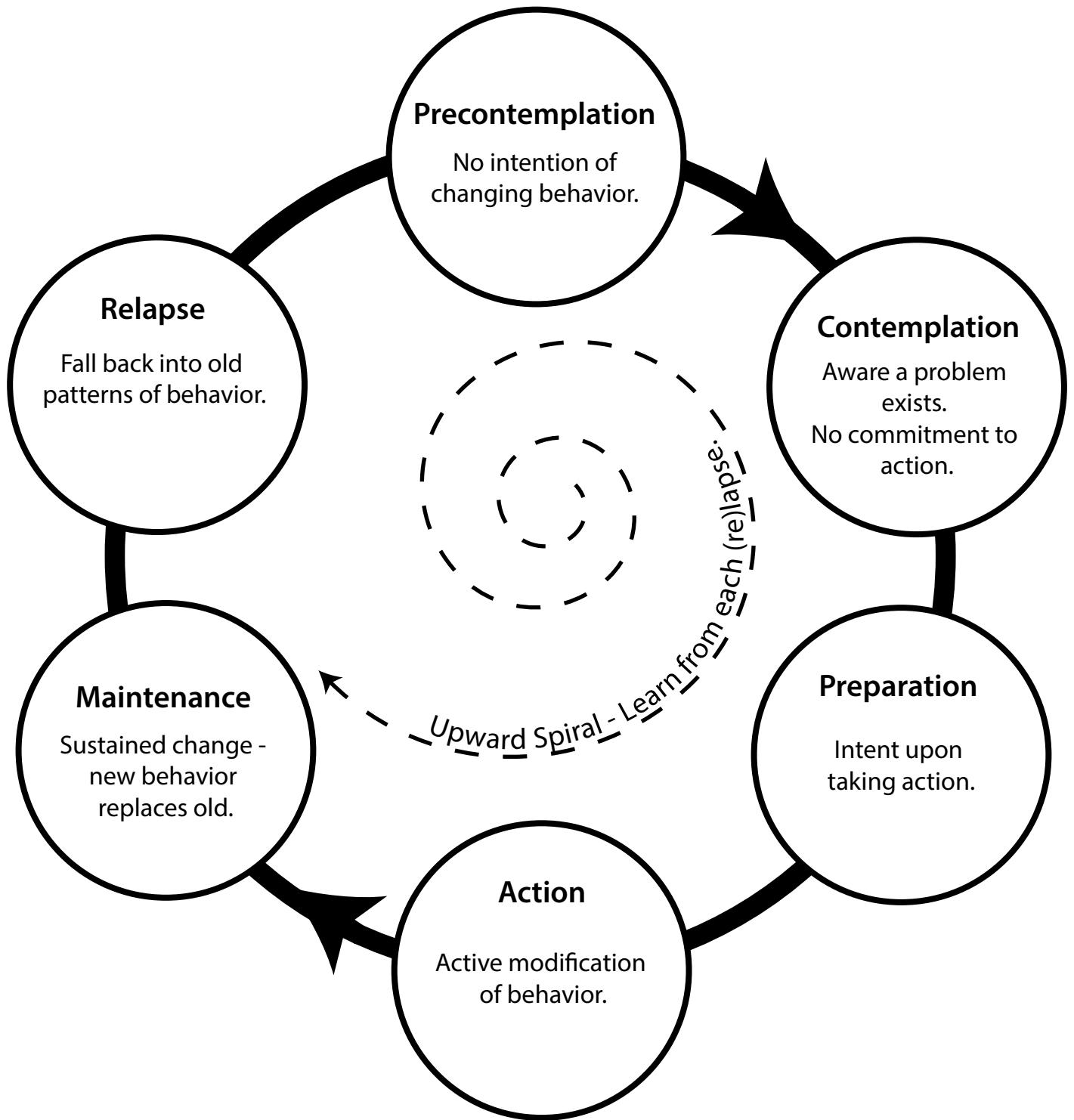
## References

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Prochaska, J. O., DiClemente, C. C. (2005). The transtheoretical approach. In: Norcross, JC; Goldfried, MR. (eds.) *Handbook of psychotherapy integration* (2nd ed). New York: Oxford University Press, 147–171.

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## Resource details

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