Stages of Change

Person's Perspective	Stage of Change	Suggested Approach
"I need x." or "I can't think about change."	Not ready for change	Case Management
"Change what?" or "I won't." or "I can't"	Pre-contemplation	Motivational Interviewing
"Change? Maybe." or "I might." or "I may."	Contemplation	Motivational Interviewing
"Yes. But how?" or "I will."	Preparation	Motivational Interviewing
"I'm ready. Let's do it." or "I am."	Action	Goal setting
"How do I keep it going?" or "I still am."	Maintenance	Goal Setting
"If I slip, what can I do?" or "I'm not sure."	Relapse/Recycle	Motivational Interviewing and Goal Setting