

The Cycle of Change

Prochaska & DiClemente

Pre-Contemplation

A logical starting point for the model where there is no intention of changing behavior; the person may be unaware that a problem exists.

Contemplation

The person becomes aware that there is a problem, but has made no commitment to change.

Preparation

The person is intent on taking action to correct the problem; usually requires buy-in from the client (i.e. the client is convinced that the change is good) and increased self-efficacy (i.e. the client believes s/he can make change).

Action

The person is in active modification of behavior.

Maintenance

Sustained change occurs and new behavior(s) replaces old ones. Per this model, this stage is also transitional.

Relapse

The person falls back into old patterns of behavior.

Upward Spiral

Each time a person goes through the cycle, they learn from each relapse and (hopefully) grow stronger so that relapse is shorter or less devastating.

