

stages of change

THE STAGES OF CHANGE (TRANSTHEROTICAL MODEL):

The stages of change model has been widely adopted by the medical and addictive disorder fields. Prochaska and DiClemente developed the metho during the 1970s and 1980s to measure an individuals readiness to adopt healthier and more appropriate behavior or responses.

PRECONTEMPLATION (NOT READY)

You are not intending to take action in the foreseeable future, and can be unaware that your behavior is problematic.

CONTEMPLATION (GETTING READY)

You are beginning to recognize that your behavior is problematic, and start to look at the pros and cons of your continued actions.

PREPARATION (READY)/DETERMINATION

You are intending to take action in the immediate future, and may begin taking small steps toward behavior change.

ACTION

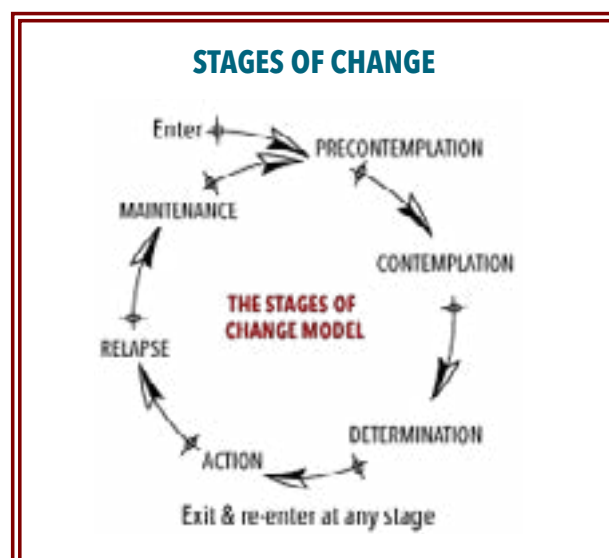
You are making actual changes to your problem behavior by incorporating healthy choices/behaviors into your life.

MAINTENANCE

You have been able to sustain action for at least six months and are working to prevent relapse into previous unhealthy behaviors.

RELAPSE

Can happen at any stage, but is most likely to occur after action has been taken.



References:

<https://www.addictioninfo.org/articles/11/1/Stages-of-Change-Model/Page1.html>
<https://exploringyourmind.com/prochaska-diclementes-transtheoretical-model-of-change/>

things I want to change

PEOPLE

Are there any toxic people in your life? Do they put you down, constantly criticize, downplay your efforts or success?

PLACES

Are there places that you go that are harmful to your physical or mental health?

THINGS

Are there behaviors that are harmful to you? That cause physical or emotional pain? Contribute to you struggling to get through the day or to reach goals?