

# Why Change?

Identify where you are in the cycle by giving examples in the box.

Stage of Change	Characteristics	Examples	My examples
Pre-contemplation	Not currently considering change: "Ignorance is bliss"	Justify the behaviour "it's not as bad as..." "I'm not hurting anyone".	
Contemplation	Ambivalent about change: "Sitting on the fence" Not considering change within the next month	Thinking of pros and cons of behaviour	
Preparation	Some experience with change and are trying to change: "Testing the waters"	Researching change on-line, finding out where support groups are.	
Action	Practising new behaviour for 3-6 months	No longer doing harmful behaviour, working through self-help material, attending support groups	
Maintenance	Continued commitment to sustaining new behaviour Post-6 months to 5 years	Plan for follow-up support Discuss coping with relapse Having alternative activities that meet needs	
Lapse/Relapse	Resumption of old behaviours: "Fall from grace"	Evaluate trigger for relapse Reassess motivation and barriers Plan stronger coping strategies	