

Five Stages of Change (Worksheet)

The Stages of Change model helps people describe how change happens. Think of yourself in each of the five stages and describe your experience in the space provided.



1. Pre-Contemplation

A time when ***you didn't critically evaluate your behaviour***, you didn't even think you wanted to change.



5. Maintenance

A time when ***you maintained the changes you made*** for more than six months.



2. Contemplation

A time when ***you started thinking about changing*** your behaviour. (e.g., weighing pros and cons, credibility of sources, accuracy of information and reliability.)

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4. Action

A time when ***you acted on your decision*** to change your behaviour. Your action lasted from one day to six months.



3. Preparation

A time when ***you made the decision to change*** your behaviour (e.g., As a result of critical thinking and weighing the pros and cons of doing the behaviour your intention was to change.)
