The Cycle of Change

Prochaska & DiClemente

- Precontemplation: 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 selfefficacy (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.

Relapse

Fall back to old patterns of behavior

Maintenance

Sustained change.

replaces old.

**Upward Spiral** 

Pre-Contemplation

No intention on

changing

behavior.

Learn from each relapse

New behavior

Action

Active modification of behavior.

**Contemplation** 

Aware problem exists but with no commitment to action.

**Preparation** 

Intent on taking action to address the problem.

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Adapted from a work by Prochaska and DiClemente (1983) | Ignacio Pacheco

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