1. Precontemplation

Definition:

Not yet considering change or is unwilling or unable to change.

Primary Task:

Raising Awareness

2. Contemplation

Definition:

Sees the possibility of change but is ambivalent and uncertain.

Primary Task:

Resolving ambivalence/ Helping to choose change

6. Recurrence

Definition:

Experienced a recurrence of the symptoms.

Primary Task:

Cope with consequences and determine what to do next

5. Maintenance

Definition:

Has achieved the goals and is working to maintain change.

Primary Task:

Develop new skills for maintaining recovery

Stages of Change: Primary Tasks

4. Action

Definition:

Taking steps toward change but hasn't stabilized in the process.

Primary Task:

Help implement change strategies and learn to eliminate potential relapses

3. Determination

Definition:

Committed to changing.
Still considering what to do.

Primary Task:

Help identify appropriate change strategies

Stages of Change: Intervention Matching Guide

1. Precontemplation

- Offer factual information
- Explore the meaning of events that brought the person to treatment
- Explore results of previous efforts
- Explore pros and cons of targeted behaviors

2. Contemplation

- Explore the person's sense of selfefficacy
- Explore expectations regarding what the change will entail
- Summarize self-motivational statements
- Continue exploration of pros and cons

3. Determination

- Offer a **menu of options** for change
- Help identify pros and cons of various change options
- Identify and **lower barriers** to change
- Help person enlist social support
- Encourage person to publicly announce plans to change

4. Action

- Support a realistic view of change through small steps
- Help identify high-risk situations and develop coping strategies
- Assist in finding new reinforcers of positive change
- Help access family and social support

5. Maintenance

- Help identify and try alternative behaviors (drug-free sources of pleasure)
- Maintain supportive contact
- Help develop escape plan
- Work to set new short and long term goals

6. Recurrence

- Frame recurrence as a learning opportunity
- Explore possible behavioral, psychological, and social antecedents
- Help to develop alternative coping strategies
- Explain Stages of Change & encourage person to stay in the process
- Maintain **supportive** contact