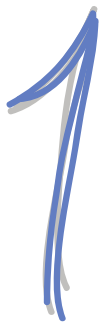


STAGES OF CHANGE

Anytime we try to quit a bad habit or make a positive improvement, we go through stages of change. Learn the different stages of change and how they may apply to where you are right now!

Our stages of change are fluid, as opposed to linear. This means we can go back and forth between different stages - a completely normal part of the change process!

A hand-drawn number '1' in blue ink, with a grey shadow effect behind it.

Precontemplation

In this stage, we often do not feel there are any problems that require change. Most people in this stage do not see the benefit that would come from making change and instead are more focused on the downside to make changes.

A hand-drawn number '2' in blue ink, with a grey shadow effect behind it.

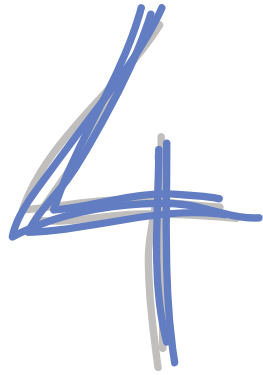
Contemplation

While we still feel ambivalent about making changes, we start to recognize there are some things going on that are causing us problems. We start thinking about the pros and cons of making changes in this stage.

A hand-drawn number '3' in blue ink, with a grey shadow effect behind it.

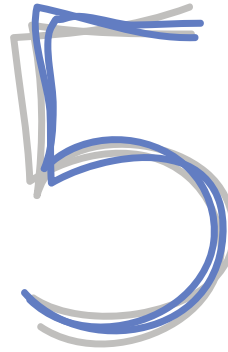
Preparation

We are ready to take action in this stage! We start taking small steps toward our goal and believe that making change will help us.



Action

We have been actively working to change our behaviors and are making progress. We are mastering healthier behaviors and are fully on board with continuing to improve.



Maintenance

By this stage, we have been able to maintain changes made (usually for a period of at least 6 months). We work hard to prevent relapse to previous stages of change and fully intend to keep up our positive changes!

Learning which stage of change you may be in can help you conquer the issues in your life that are hurting you. Setting goals that match your stage of change are extremely important to being able to see outcomes long term!