



## Printable Stages of Change Worksheet

<p><b>Stage 1: Precontemplation</b></p>	<ul style="list-style-type: none"> <li>- No intention of taking any action in the next 6 months</li> <li>- Not yet accepted the fact that a change needs to be made or that their behaviour is a cause of distress for them</li> <li>- May show defensive behaviour or signs of 'denial' about their current bad habits when their condition is brought to light</li> </ul> <p><b>Strategies to help</b></p> <ul style="list-style-type: none"> <li>- Awareness of ill effects of current behaviour</li> <li>- Analyse the risks of current behaviour</li> </ul>
<p><b>Stage 2: Contemplation</b></p>	<ul style="list-style-type: none"> <li>- At this stage, people are at a position where they are considering a change needs to be made (within 6 months)</li> <li>- They are analysing the risks and benefits of their actions and the needed change</li> <li>- Although they are still not entirely convinced the long term benefits of the change are worth the effort</li> <li>- This stage may go on for a much longer time and many even give up on this stage</li> </ul> <p><b>Strategies to help</b></p> <ul style="list-style-type: none"> <li>- Weigh both the short term and long term pros and cons of current behaviour and the change needed</li> <li>- Analyse what is hindering them from beginning the change</li> </ul>
<p><b>Stage 3: Preparation</b></p>	<ul style="list-style-type: none"> <li>- Determined and motivated to make a change in the next 30 days</li> <li>- They understand the need to change and have begun a slow journey to make that change happen</li> <li>- They are actively involved in the process and are experimenting with what could work</li> <li>- They are thoroughly investigating and gathering resources to help them make that change successful</li> </ul> <p><b>Strategies to help</b></p> <ul style="list-style-type: none"> <li>- Make a vision board</li> <li>- Lay out an action plan</li> <li>- Find ways to maintain motivation</li> </ul>
<p><b>Step 4: Action</b></p>	<ul style="list-style-type: none"> <li>- The change required has been made (within the past 6 months)</li> <li>- They are taking the steps they need based on the information and resources they have gathered.</li> <li>- At this stage the risk of relapse is very high. Any failure can lead to regression to previous stages</li> </ul> <p><b>Strategies to help</b></p> <ul style="list-style-type: none"> <li>- Crucial time to seek social support that can keep them in check</li> <li>- Minimise failures and reward successful attempts</li> <li>- Keep the benefits of the behaviour change in mind</li> </ul>

<b>Step 5: Maintenance</b>	<ul style="list-style-type: none"> <li>- They have successfully maintained the behaviour change (in the past 6 months)</li> <li>- Making efforts to keep up with the behaviour change and avoiding falling into former bad habits.</li> <li>- They are fully convinced the new behaviour change was the right choice and must be maintained</li> <li>- They are actively avoiding any triggers or temptations that may push them into their former unhealthy behaviour patterns.</li> </ul> <p><b>Strategies to help</b></p> <ul style="list-style-type: none"> <li>- Gather and review coping strategies to prevent relapse</li> <li>- Continue to reward successes and minimise failures</li> <li>- Identify triggers and barriers and steps to overcome them</li> </ul>
<b>Step 6: Termination</b>	<ul style="list-style-type: none"> <li>- The required change has been made successfully</li> <li>- There is no intention to return to old behaviour patterns</li> </ul>

## References

[Prochaska, J. O., & Velicer, W. F. \(1997\). The transtheoretical model of health behavior change. \*American Journal of Health Promotion\*, 12\(1\), 38–48.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.