



## Prochaska's Stages of Change

Stages of change	Self-Statements	Level of Preparedness	Activity	Self-Assessment	Thoughts/Notes
<b>Precontemplation</b> Not ready	"I am not too direct; I just say it like it is."	You're in denial. Rationalizing, minimizing, and intellectualizing are occurring.	Education Information gathering	Do I seek out information and consider suggestions people give me?	
<b>Contemplation</b> Considering	"I know I could be more conscious of how I talk when I am frustrated, I just don't think about it."	You are beginning to consider what you could do differently, but you are not fully committed.	Support and encouragement Increasing motivation	Would others/my co-workers be better off without my problem behavior? Could patient care improve?	
<b>Preparation</b> Making plans	"I need to do something to better manage my stress and how I communicate with others."	You are ready to change but haven't started yet.	Goal setting Practice – "trying the potential change on for size"	I tell myself I can choose to change or not.	
<b>Action</b> Beginning to change	"Engaging in daily huddles with staff has been very effective."	You are beginning to see the benefits of your change strategies. Sticking with it will be key.	Support and reinforcement for new behavior Removal of barriers	When I feel the onset of my problem I make conscious efforts to step back, reassess, and make positive decisions.	
<b>Maintenance</b> Sustaining the path	"I have had no blow-ups or negative interactions in the past 6 months. I didn't realize the negative impact I was having on my team members or myself."	Success – you have successfully made the transition. Focus now turns to not falling back into old patterns.	Ongoing support Goals revised and/or new goals created	I am aware of "red flags" regarding my old behavior and intentionally make efforts to change when those behaviors pop up.	

Adapted from, "Changing for Good," First Avon Books, 1995