

Stages of change

Conversations about healthcare behaviours

MOTIVATIONAL INTERVIEWING

This is a model of the stages of change. It is important to note that people typically move back and forth between the stages and move through the stages at different rates.

The primary task at this stage is:



Pre-contemplation

No recognition of need for or interest in change

...raising awareness.



Contemplation

Thinking about changing

...resolving ambivalence/helping to choose change.



Preparation

Planning for change

...to assist the person to identify appropriate change strategies and provide support and encouragement.



Action

Adopting new habits

...to support the person to implement change strategies & learn to eliminate potential relapses.



Maintenance

Ongoing practice of new behaviour

...to support and develop new skills for maintaining recovery.



Relapse

...to help the person to cope with the consequences and determine what to do next.

Prochaska & DiClemente, 1982

Making conversations easier