**5 stages of change**

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**Precontemplative**

 Individuals are not especially aware of the problem and have no plans to change their behavior.

**Contemplative**

 Are aware of their problem but have not yet made a decision or commitment to do anything about it.

**Preparation**

 Clients have begun to make small changes in their problematic behavior, with the intention of making more complete changes with one month.

**Action**

 Reached when client successfully changes their behavior for short periods of time.

**Maintenance**

 Change has persisted for longer than 6 months and goal is to continue.