**5 stages of change**

By: Prochaska, DeClemente, and Norcross

**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.