

Mind Over Matter Psychiatry

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Stages of Change and Procedures for Determining the Appropriate Intervention

Stage	Goal	Intervention
Overview of Stages of Change		
<p style="text-align: center;">Contemplation</p> <p>Start to consider a behavior change</p>	Examine benefits and barriers to change	Learn “why” the change may be important, not the “how to” change yet
<p style="text-align: center;">Preparation</p> <p>Prepare for and experiment with a small behavior change</p>	Identify specific barrier(s) and how to overcome them	Learn “how to” information and what resources are available to help with change
<p style="text-align: center;">Action</p> <p>Trying new behavior</p>	Set a goal and date	Learn skills (class/counseling) and use support resources to help with new behavior
<p style="text-align: center;">Maintenance</p> <p>Maintain behavior change over time</p>	Discuss successes and difficulties	Use a support group or counseling, or talk to health care provider about how to continue new behavior

Pre-Contemplation Stage

Motivation: starting to think about making a change

- Talk with your health care provider about your risk factors associated with the behavior and understand the effects of the behavior
- Raise your awareness: learn about other choices and options
- Do you feel a readiness for help with the behavior?
- Realize it is only your decision: no one can make you change or do it for you
- Be aware of emotional issues: acknowledge your feelings

Questions to ask yourself:

- “Have you tried to change in the past?” (note your previous methods/attempts to change a behavior)
- “What would come to mind if you thought about making the change now?”
- “What warning signs would let you know that this is a problem?”

Contemplation Stage

Motivation: learning the “why” of making the change

- Learn about how other people made a similar change to build confidence in your ability to make the change too
- List benefits and barriers of change
- Learn facts about why it may be good to make the change

Questions to ask yourself:

- “What are the reasons for you not changing?”
- “What might help you with that aspect?”
- “What are the benefits of you changing?”

Preparation Stage

Motivation: find “how to” information and skills to prepare for changing the behavior

- List fears, feelings of uncertainty, or other emotions you feel about the change
- List specific ideas on how to change
- Develop an action plan: include how to overcome fears and barriers
- Think about small steps to be taken
- Decide how to reward small changes made

Questions to ask yourself:

“What are some other successes and difficulties you have experienced with changes in the past?”

“What did you learn that can help with making this change?”

“What is one barrier/difficulty you can overcome and how?”

Action Stage

Motivation: Start learning and using new skills (from classes, counseling, or your health care provider) and using support resources

- Set a short-term goal _____
- List support needed _____
- Problem-solve barriers _____
- Think about questions to ask your health care provider in your follow-up visit

Questions to ask yourself:

“What are your feelings about the changes you have made?”

“What have been the successes and difficulties you have experienced?”

“What are ways you can overcome barriers/difficulties?”

Maintenance Stage

Motivation: during your appointment with your health care provider, ask how you are doing with your new behavior and for additional guidance or support you need

- Problem-solve difficulties
- Identify local resources and support
- Identify strategies for a possible relapse

Questionnaire for Changing Behavior for Your Health

1. On the line below, mark where you are now regarding how prepared you are to change your behavior (smoking, diet, physical activity, etc.), and the date. Are you not prepared to change, already changing, or someplace in the middle?

1	2	3	4	5
Not Ready	Unsure	Somewhat Ready	Very Ready	Trying
<i>Pre-contemplation</i>	<i>Contemplation</i>	<i>Preparation</i>	<i>Action</i>	<i>Maintenance</i>

2. Answer the questions below:

- **If your mark is on the left side of the line (pre-contemplation):**
 How will you know when it's time to think about changing?
 What qualities in yourself are important to you?
 What connection is there between those qualities and "considering a change"?

- **If your mark is somewhere in the middle (contemplation):**
 Why did you put your mark there and not further to the left?
 What might make you put your mark a little further to the right?
 What would be the good result of changing?
 What are the barriers to changing?

- **If your mark is on the right side of the line (preparation):**
 Pick just one of the barriers to change and list some things that could help you overcome this barrier.
 Pick one of those things that could help and decide to do it by _____ (write in a specific date).

- **If you've taken a serious step in making a change (action):**
 What made you decide on that particular step?
 What has worked in taking this step?
 What helped it work?
 What could help it work even better?
 Can you break that helpful step down into smaller pieces?
 Pick one of those pieces and decide to do it by _____ (write in a specific date).

- **If you're changing and trying to maintain that change (maintenance):**
 Congratulations! What's helping you?
 What else would help?
 What are your high-risk situations?

- **If you've "fallen off the wagon" (relapse):**
 What worked for a while?
 Don't kick yourself--long-term change almost always takes a few cycles.
 What did you learn from the experience that will help you when you give it another try?