

Stage of Change: Quick Guide

Assessing for stage of change is important when it comes to developing the Individualized Recovery Plan (IRP), especially around offering stage specific objectives and/or interventions. A common model for describing stage of change is:

***Pre-contemplation:* The person is not considering change**

- May not be aware of having an illness or be able to identify barriers
- May not be sure why he or she is in treatment or how treatment might be helpful

***Contemplation:* The person is considering change but has no immediate plan.**

- May not know “where to start”
- May be undecided or ambivalent

***Preparation:* The person has made a commitment to change**

- May have developed a timeline
- May be taking small steps towards changing behavior

***Action:* The person has identified one or more goals**

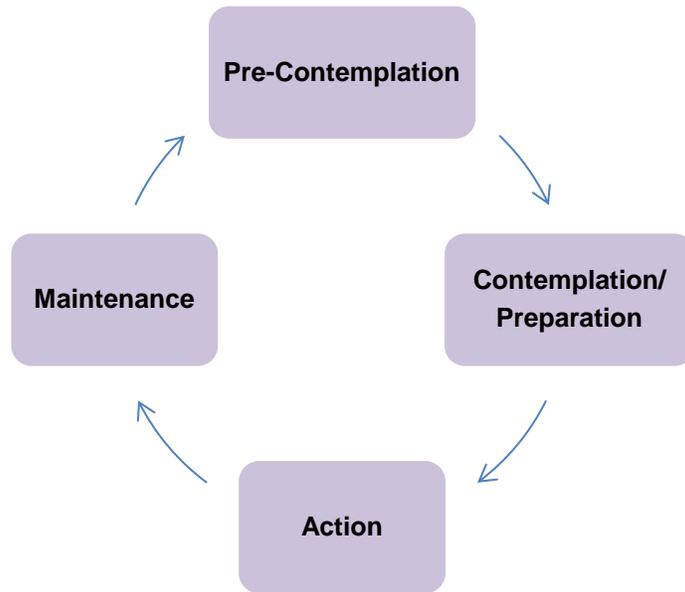
- Actively working on achieving a goal
- Has begun to make significant changes

***Maintenance:* Behavior change has occurred and has been incorporated into the person’s lifestyle for some time**

- Person has attained and is sustaining a life role
 - Barriers are manageable

***Relapse:* Re-emergence of barriers caused by mental illness ... part of coping with a chronic illness**

People may move back and forth in different stages, and the progression through the stages is not necessarily linear. Refer to the two diagrams on the next page.



or

