

## TRANSTHEORETICAL MODEL OF CHANGE

	<b>PRE-CONTEMPLATION</b>	<b>CONTEMPLATION</b>	<b>PREPARATION</b>	<b>ACTION</b>	<b>MAINTENANCE</b>
<b>CHANGE PROCESS</b>	Dramatic Relief Consciousness Raising Help Relationships Unaware or under-aware of problems  NO intention of changing within next 6 months	Self and Environment Re-evaluation Aware problem exists but no commitment to take action  Intention to change within next 6 months	Self & Social Liberation  Intention to take action within 1 month, have been unsuccessful in past year	Stimulus Control Counter Condition Relationship Modify behaviour, experiences, environment to overcome problems	People work to prevent relapse and consolidate the gains attained during action. Addictive behaviours this stage extends from six months to an indeterminate period past the initial action
<b>SELF-EFFICACY</b>	↑ Temptation ↓ Confidence	↑↓ Temptation Confidence improving	Confidence Continues to improve	↓ Temptation ↑↑ Confidence	
<b>DECISIONAL BALANCE</b>	CON > PRO	CON = PRO	CON ≥ PRO	CON < PRO	