

## Stages of Change: Primary Tasks

### 1. Precontemplation

**Definition:**

Not yet considering change or is unwilling or unable to change.

**Primary Task:**

Raising Awareness

### 2. Contemplation

**Definition:**

Sees the possibility of change but is ambivalent and uncertain.

**Primary Task:**

Resolving ambivalence/  
Helping to choose change

### 3. Determination

**Definition:**

Committed to changing.  
Still considering what to do.

**Primary Task:**

Help identify appropriate  
change strategies

### 4. Action

**Definition:**

Taking steps toward change but  
hasn't stabilized in the process.

**Primary Task:**

Help implement change strategies  
and learn to eliminate  
potential relapses

### 6. Recurrence

**Definition:**

Experienced a recurrence  
of the symptoms.

**Primary Task:**

Cope with consequences and  
determine what to do next

### 5. Maintenance

**Definition:**

Has achieved the goals and is  
working to maintain change.

**Primary Task:**

Develop new skills for  
maintaining recovery

# Stages of Change: Intervention Matching Guide

## 1. Pre-contemplation

- Offer **factual** information
- Explore the **meaning of events** that brought the person to treatment
- Explore **results of previous efforts**
- Explore **pros and cons** of targeted behaviors

## 2. Contemplation

- Explore the person's **sense of self-efficacy**
- Explore **expectations** regarding what the change will entail
- **Summarize** self-motivational statements
- Continue exploration of **pros and cons**

## 3. Determination

- Offer a **menu of options** for change
- Help identify **pros and cons** of various change options
- Identify and **lower barriers** to change
- Help person **enlist social support**
- Encourage person to **publicly announce plans** to change

## 4. Action

- Support a **realistic view** of change through **small steps**
- Help **identify high-risk situations** and develop **coping strategies**
- Assist in **finding new reinforcers** of positive change
- Help access family and social **support**

## 5. Maintenance

- Help identify and try **alternative behaviors** (drug-free sources of pleasure)
- Maintain **supportive contact**
- Help **develop escape plan**
- Work to **set new** short and long term **goals**

## 6. Recurrence

- Frame recurrence as a **learning opportunity**
- Explore possible behavioral, psychological, and social **antecedents**
- Help to develop **alternative** coping strategies
- Explain Stages of Change & encourage person to **stay in the process**
- Maintain **supportive** contact