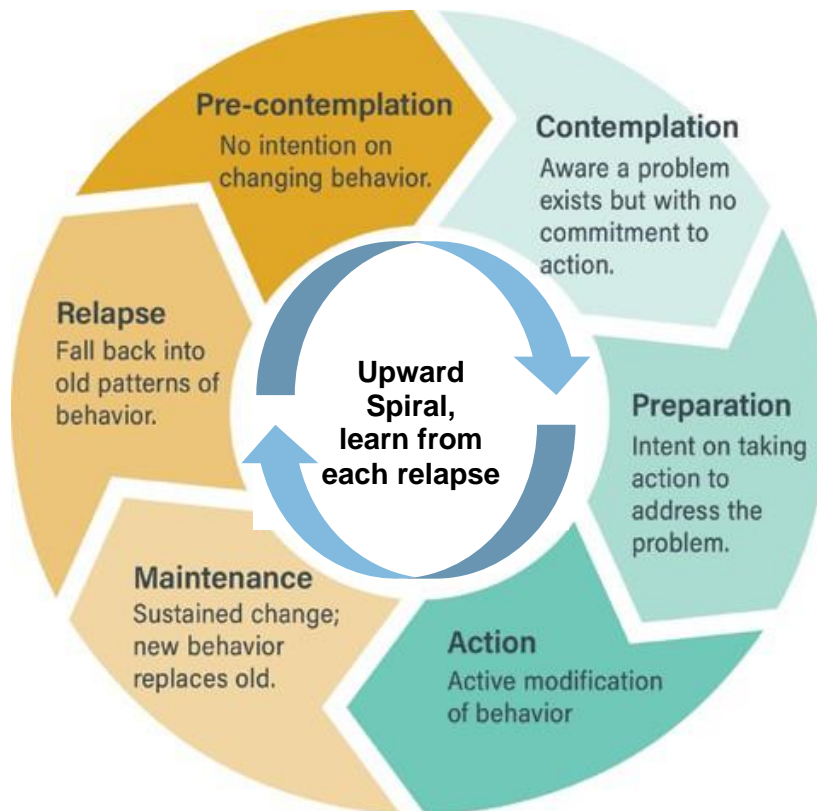


Stages of Change

The stages of change, also known as the Trans Theoretical Model, speaks to how prepared a person, group or community is to recognize and act on making meaningful change. Each stage of the cycle is most benefited by unique interventions.

A person, group, or community will be best supported by different strategies of prevention in different stages of this decision-making model.

The stages of charge are an upward spiral because a group may be moving through any of these stages then face new topics or areas which require change, bringing them back to earlier stages but landing them further along than where they started. A group may enter, exit, and reenter at any stage.



Stages of Change

To progress through the stages of change, people apply cognitive, affective, and evaluative processes. Ten processes of change have been identified with some processes being more relevant to a specific stage of change than other processes. These processes result in strategies that help people make and maintain change.

Consciousness Raising	Increasing awareness about the healthy behavior.
Dramatic Relief	Emotional arousal about the health behavior, whether positive or negative arousal.
Self-Reevaluation	Self-reappraisal to realize healthy behavior is part of who they want to be.
Environmental Reevaluation	Social reappraisal to realize how their unhealthy behavior affects others.
Social Liberation	Environmental opportunities that exist to show society is supportive of the healthy behavior.
Self-Liberation	Commitment to change behavior based on the belief that achievement of the healthy behavior is possible.
Helping Relationships	Finding supportive relationships that encourage the desired change.
Counter-Conditioning	Substituting healthy behaviors and thoughts for unhealthy behaviors and thoughts.
Reinforcement Management	Rewarding the positive behavior and reducing the rewards that come from negative behavior.
Stimulus Control	Re-engineering the environment to have reminders and cues that support and encourage the healthy behavior and remove those that encourage the unhealthy behavior.

Sources:

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