
The Stages of Change

Objectives

- Learn about the transtheoretical model (aka the stages of change)
- Discover strategies for understanding and encouraging your young adult child within each stage
- Converse and connect with fellow Dorm parents

WHY DO PEOPLE CHANGE?

..... Or rather, why DON'T people change?

- Fear
- Ambivalence
- Desire for consistency
- Preference for predictability and homeostasis
- Lack of information
- Lack of resources
- Helplessness
- Low self-efficacy
- External Locus of control

So why DO people change?

- Natural change
- Brief intervention effects
- Dose effects
- faith/hope effects
- Counselor effects
- Waiting-list effects
- Change-talk effects

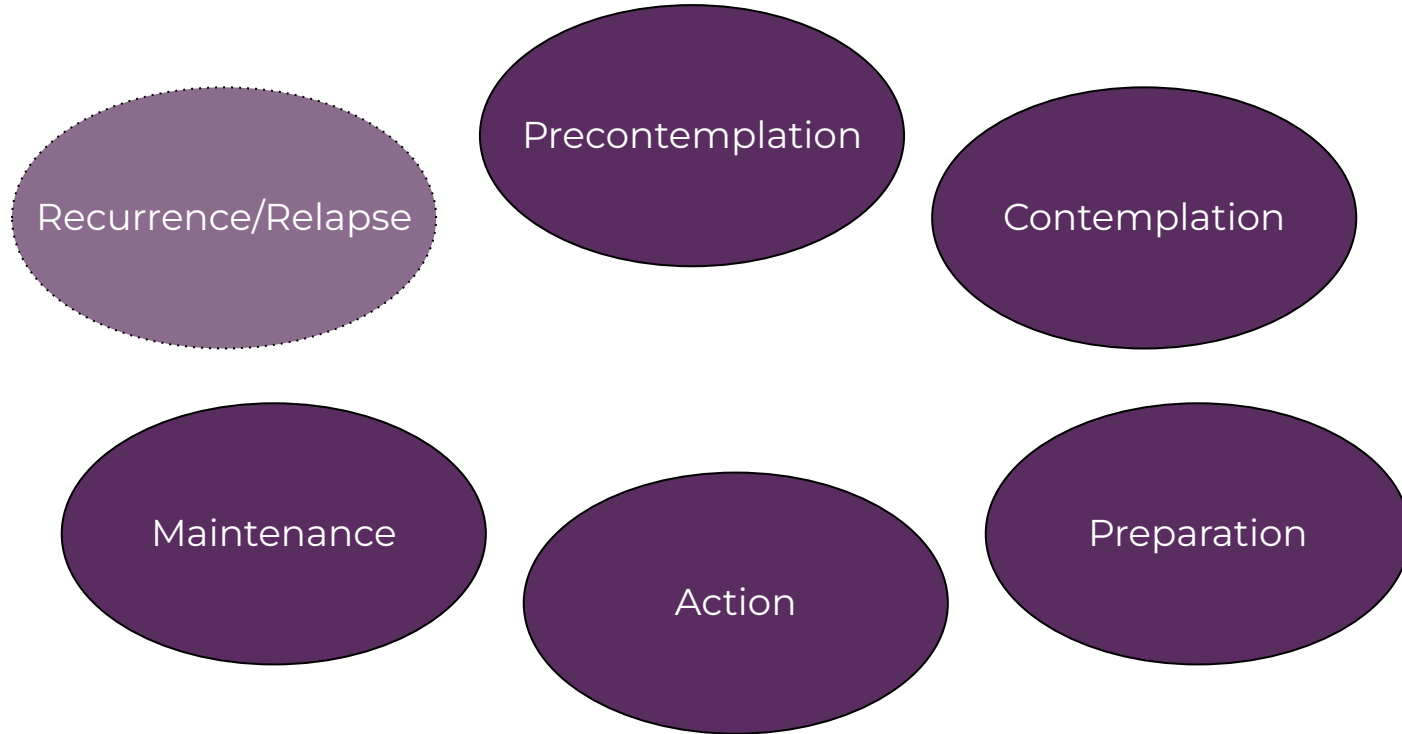
Predictors of Successful Change

Importance

Readiness

Confidence

Stages of Change



Precontemplation

1

The costs of the problem behavior (such as drug use) are not yet recognized. The individual is in denial and is not seriously considering changing their behavior. They may have made previous attempts to change, but have since given up.

Contemplation

2

The individual is experiencing ambivalence about change. They can see reasons to change their behavior, but they are still hesitant. The problem behavior continues.

Preparation

3

The individual has decided to change their behavior, and they begin to think about how to do so. During this stage they will begin to make minor changes to support their goal, but they might not have completely ended the unwanted behavior.

Action

4

Significant steps are taken to end the problem behavior. The individual might be avoiding triggers, reaching out for help, or taking other steps to avoid temptation.

Maintenance

5

The changes made during the action stage are maintained. The individual may continue to face challenges, but at this point they have successfully changed their behavior for a significant period of time.

Stages of Change

Recurrence/Relapse

"If I slip, what can I do?" "I'm not sure"

Precontemplation

"Change what?" "I won't"

Contemplation

"Change, maybe?"
"I might"

Maintenance

"How do I keep it going?" "I still am"

Action

"Let's do it"
"I am"

Preparation

"Yes, but how?"
"I will"

Interventions at Each Stage

Pre-Contemplation → Raise doubt/ raise awareness; increase person's perception of risks/consequences

Contemplation → Tip the balance; evoke reasons to change; strengthen self-efficacy; resolve ambivalence

Preparation → Help person take steps towards change; identify strategies

Action → Provide appropriate level of care; help implement change strategies

Maintenance → Help person take steps towards relapse prevention

Relapse → Help person renew processes of contemplation and action; diffuse discouragement due to relapse; cope with consequences

Interventions at Each Stage pt. 2

Pre-Contemplation → Ask questions, listen, provide unbiased information

Contemplation → Continue to provide information, discuss pros/cons to change, emphasize benefits of change

Preparation → Provide support (emotional, mental, physical)

Action → Congratulate successes, provide encouragement, reinforce reasons for change

Maintenance → Remind them of their support systems, encourage ongoing action, engage active listening, discuss challenges & successes

Relapse → Allow struggle (do not try to “fix it”), avoid making judgments, ask how to offer support (without taking over)

Discussion

- What do you find to be challenging about change? What do you find to be rewarding?
- How can you encourage your young adult child to move towards behavior change?
- What forces, internal or external, may be making it hard for your loved one to take steps towards change?