

Stages of Change Model - Prochaska et al's *Changing for Good*

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Summary of *Changing for Good* by Prochaska, Norcross & DeClemente

What are the 5 stages of change in Prochaska's metatheory?

Why New Years Resolutions don't work

How to move on to the next stage of change (i.e from pre-contemplation to contemplation, then to preparation, action, maintenance and termination)

Stage	How to Recognise it	How to Move on
1. Pre-Contemplation Resisting change	1) Avoiding the subject 2) Being ill-informed about it 3) Not taking responsibility for it 4) Presences of defence mechanisms e.g. denial (I haven't got a problem) rationalisation (making excuses) intellectualisation (avoids engaging with problem emotionally) projection (say others have got your problem) displacement (blame other people)	1) Think about the subject 2) Become well-informed 3) Take responsibility 4) Become aware of your defences Changing defences into coping Concentrate on problem Proper logical analysis Empathy Sublimation - Take out feelings through sport, exercise, not on other people Be responsible (see 3 above)
2. Contemplation Change on the horizon	Seriously thinking about doing something May procrastinate about change May insist on the perfect solution before acting	Get emotional arousal -e.g. seek out films that deal with your problem. Vividly imagine your problem and the bad effects it has Make the decision using a rational decision-making process e.g. pros and cons, Progress
3. Preparation Getting ready	You have decided on action, and are making the steps necessary to prepare you for action	Commit to change - make it a priority Counter anxiety by taking small steps, setting a time frame, telling people about your decision & making an action plan
4. Action Time to move	You are taking the steps required to change e.g. stop smoking, stop drinking	Find healthy responses to cope with the benefits of the problem (e.g. if smoking reduced anxiety, find other ways to reduce the anxiety) Exercise and relax

		<p>Control your environment e.g. remove cigarettes, avoid your drinking pals, don't go past the cake shop, use 'to do list' and other reminders</p> <p>Reward yourself</p> <p>Get others to help you (e.g. bet them you can change)</p>
5. Maintenance staying there	After several months you enter this stage	<p>Look out for social pressures, internal challenges and special situations</p> <p>Review a list of negative aspects of problem regularly</p> <p>Avoid people and places that can compromise your change</p> <p>Make a crisis card to help you deal with occasions when you are tempted</p>
<p>6. Termination (if no relapse)</p> <p>or</p> <p>Recycling - learning from relapse</p>	<p>You have a new self-image, no temptation in any new situation and self-efficacy</p> <p>You relapse</p>	<p>Congratulations!</p> <p>See it as taking one step back to take two steps forward</p> <p>Learn the lessons of relapse</p> <ul style="list-style-type: none"> • most people need more than one attempt, • budget more time, energy and money • be prepared for complications • be aware that small decisions lead to big ones • be aware that distress precipitates relapse

Keywords: Prochaska, Changing for Good. stages of change model, CBT, Resilience, Therapy in London

Changing for Good : A revolutionary 6 stage program for overcoming bad habits and moving your life positively forward

Prochaska, Norcross & DiClemente (William Morrow and Co. Inc, 1992)

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