The Cycle of Change
Prochaska & DiClemente

- **Precontemplation**: A logical starting point for the model, where there is no intention of changing behavior; the person may be unaware that a problem exists.
- **Contemplation**: The person becomes aware that there is a problem, but has made no commitment to change.
- **Preparation**: The person is intent on taking action to correct the problem; usually requires buy-in from the client (i.e. the client is convinced that the change is good) and increased self-efficacy (i.e. the client believes s/he can make change).
- **Action**: The person is in active modification of behavior.
- **Maintenance**: Sustained change occurs and new behavior(s) replaces old ones. Per this model, this stage is also transitional.
- **Relapse**: The person falls back into old patterns of behavior.
- **Upward Spiral**: Each time a person goes through the cycle, they learn from each relapse and (hopefully) grow stronger so that relapse is shorter or less devastating.

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Adapted from a work by Prochaska and DiClemente (1983) | Ignacio Pacheco
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