

Primary Tasks

OF EACH STAGE



Change is more than just a fleeting thought or sudden action; it's a systematic process. By understanding the primary tasks associated with each stage of the Stages of Change Model, individuals can enhance their effectiveness and likelihood of success in their change journey.

1

Precontemplation: Raising Awareness

• Tasks:

- Becoming aware of the need for change.
- Recognizing potential negative behaviors or habits.
- Listening without immediate defensiveness to feedback from trusted individuals.

2

Contemplation: Evaluating & Balancing

• Tasks:

- Weighing the pros and cons of the current behavior versus the changed behavior.
- Engaging in introspection about the reasons for and against change.
- Understanding the ambivalence toward change.

3

Preparation: Setting the Stage

• Tasks:

- Deciding on the best strategies for change.
- Setting a start date for implementing change.
- Seeking resources or support, like self-help books, therapy, or support groups.

4

Action: Implementing & Revising

• Tasks:

- Actively taking steps toward desired behavior or change.
- Adjusting strategies based on successes and challenges.
- Seeking feedback and acknowledging progress.

5

Maintenance: Sustaining & Reinforcing

• Tasks:

- Continuously reinforcing and practicing the new behavior.
- Avoiding triggers that may lead to regressions.
- Celebrating milestones and seeking continuous support.

6

Relapse: Reflecting & Reorienting

• Tasks:

- Recognizing the signs of a relapse without self-blame.
- Identifying triggers or causes of the regression.
- Revisiting and adjusting strategies, and recommitting to the change process.