

# Stages of Change

*(Prochaska & DiClemente)*

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|----------|-------------------|--|
| Stage 1: | Pre-contemplation | During this stage, smokers have no interest in quitting and no plans to quit.<br>(e.g., I'm not ready to quit smoking yet)   |
| Stage 2: | Contemplation     | During this stage, smokers are considering quitting but have no plan as to how they will go about doing this.<br>(e.g., I know that I should quit but I'm not sure how to do it) |
| Stage 3: | Preparation:      | During this stage, smokers have made the decision to quit and are taking steps to prepare to do this<br>(e.g., I have cut down the number of cigarettes I smoke per day)         |
| Stage 4: | Action            | During this stage, smokers have actually taken steps to quit.<br>(e.g., I'm ready to quit smoking now)   |
| Stage 5: | Maintenance       | During this stage, smokers have become smoke-free for a period of time.<br>(e.g., I quit smoking already)  |
| Stage 6: | Relapse           | During this stage, a smoker, after being smoke-free for some time, resumes smoking and starts process again.<br>(e.g., I did quit but now I've gone back to smoking)             |