Stages of Change: Primary Tasks

1. Precontemplation
   Definition: Not yet considering change or is unwilling or unable to change.
   Primary Task: Raising Awareness

2. Contemplation
   Definition: Sees the possibility of change but is ambivalent and uncertain.
   Primary Task: Resolving ambivalence/Helping to choose change

3. Determination
   Definition: Committed to changing. Still considering what to do.
   Primary Task: Help identify appropriate change strategies

4. Action
   Definition: Taking steps toward change but hasn’t stabilized in the process.
   Primary Task: Help implement change strategies and learn to eliminate potential relapses

5. Maintenance
   Definition: Has achieved the goals and is working to maintain change.
   Primary Task: Develop new skills for maintaining recovery

6. Recurrence
   Definition: Experienced a recurrence of the symptoms.
   Primary Task: Cope with consequences and determine what to do next
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<th>Stage</th>
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| **1. Pre-contemplation** | • Offer **factual** information  
                           • Explore the **meaning of events** that brought the person to treatment  
                           • Explore **results of previous efforts**  
                           • Explore **pros and cons** of targeted behaviors |
| **2. Contemplation**   | • Explore the person’s **sense of self-efficacy**  
                           • Explore **expectations** regarding what the change will entail  
                           • **Summarize** self-motivational statements  
                           • Continue exploration of **pros and cons** |
| **3. Determination**   | • Offer a **menu of options** for change  
                           • Help identify **pros and cons** of various change options  
                           • Identify and **lower barriers** to change  
                           • Help person **enlist social support**  
                           • Encourage person to **publicly announce plans** to change |
| **4. Action**          | • Support a **realistic view** of change through **small steps**  
                           • Help **identify high-risk situations** and develop **coping strategies**  
                           • Assist in **finding new reinforcers** of positive change  
                           • Help access family and social **support** |
| **5. Maintenance**     | • Help identify and try **alternative behaviors** (drug-free sources of pleasure)  
                           • Maintain **supportive contact**  
                           • Help **develop escape plan**  
                           • Work to **set new** short and long term **goals** |
| **6. Recurrence**      | • Frame recurrence as a **learning opportunity**  
                           • Explore possible behavioral, psychological, and social **antecedents**  
                           • Help to develop **alternative** coping strategies  
                           • Explain Stages of Change & encourage person to **stay in the process**  
                           • Maintain **supportive** contact |