



## Prochaska & DiClemente's Six Stages of Change

Client Stage	Therapist's Motivational Task
Pre-contemplation	Raise doubt – increase the client's perception of risks and problems with current behavior
Contemplation	Tip the balance – evoke reasons for change, risks of not changing, strengthen the client's self efficacy for change of current behavior
Determination	Help the client to determine the best course of action to take in seeking change.
Action	Help the client to take steps towards change.
Maintenance	Help the client to identify and use strategies to prevent relapse.
Relapse	Help the client to renew the processes of contemplation, determination, and action, without being stuck or demoralized because of relapse.

