## **Stages of Change Worksheet**

Name Date		
Precontemplation Not ready to make any change yet		
Relapse Going back to old patterns of behaviour  A cycle in which an individual learns  Contemplation Aware of the need to make changes		
Maintenance Creating sustained effort to the changes  from each new cycle  Preparation Having intention to make changes		
Action Taking active measures to make changes		
Precontemplation  Do you find yourself ignoring or denying a problem in your life? If yes, explain		
Is this problem affecting others or yourself negatively?		
Contemplation  Why should you make positive changes to alleviate this problem?		
Why shouldn't you make positive changes to alleviate this problem?		
How are you feeling right now?		

Name	Date	
Preparation		
What challenges do you need to overcome?		
What steps should you take to make a change?		
Action		
Describe your plan of action		
Do you have a support system? If yes, please elaborate		
What will you do if you encounter roadblocks?		
How are you holding yourself accountable?		
Maintenance		
What action steps worked?		
What action steps didn't work?		

Name	Date	
Maintenance (Continued)		
What have you found challenging?		
How will you sustain your changes overtime?		
Relapse		
Why do you think you relapsed?		
How do you feel about your relapse?		
What can you learn from your relapse?		
What is your plan of action to get back on track?		
Additional Note		
Signature	Date	