



Stages of Change

A nonjudgmental map for understanding readiness, action, and restarting.

Change is usually a process, not a single decision. People may move forward, pause, revisit an earlier stage, or restart more than once.

1. NOT READY YET

The downsides of the current pattern may not feel important enough to change, or change may not feel necessary.

2. THINKING ABOUT IT

You can see reasons to change and reasons to stay the same. Ambivalence is part of the process.

3. GETTING READY

You have decided to move toward change and are beginning to plan or make small shifts.

4. TAKING ACTION

You are actively doing things differently - changing routines, avoiding triggers, asking for support, or practicing new skills.

5. KEEPING IT GOING

You are working to maintain the change and handle challenges without giving up on the larger goal.

RETURN / RESTART

Sometimes people return to an old pattern. This does not erase progress. It can provide information about triggers, supports, and what to adjust next time.

WHERE AM I RIGHT NOW?

The stage that fits best today: _____

One small next step that fits this stage: _____

