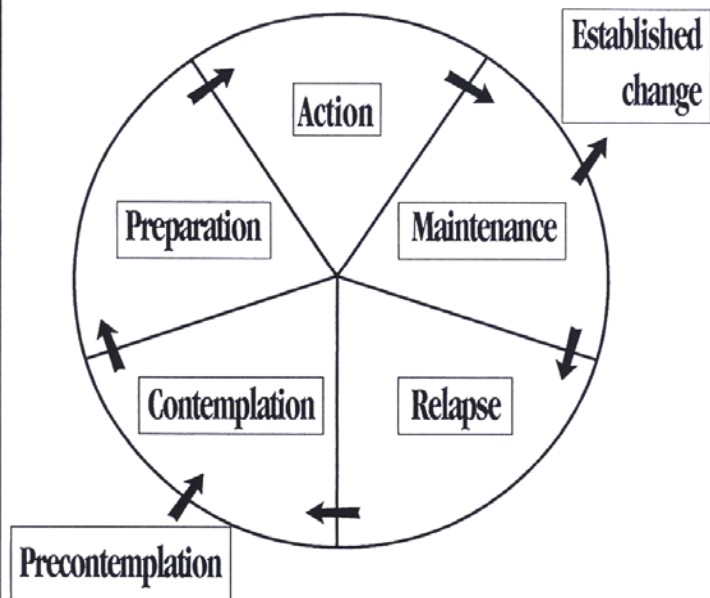


Stages of Change



Based on Prochaska & DiClemente's model

Stage of change	Definition	What to do?
Pre-contemplation – Unaware/unready	Pre-contemplator is not seriously considering stopping smoking.	. Information about the risks of smoking and the benefits of stopping When ready , what could they do and where can they go.
Contemplation - Aware/ambivalent	Contemplator is seriously considering stopping within 3 to 6 months	Emphasize the benefits of changing. Give Information about smoking problems. Use the 0-10 scale to increase commitment about importance (benefits) and confidence. See useful questions. Discuss possible 'quick win' starting Goal .
Preparation – Planning	Preparation is seriously considering stopping within the next week to a month and has already made changes such as cutting back	Discuss how to choose a SMART Goal Assist and Encouragement
Action – Ready to go	Action Has recently stopped smoking within the last 6 months.	Review situation and Advice Give Encouragement
Maintenance - Keeping it up	Maintenance Has quit for at least 6 months but may still be vulnerable to a relapse up to a year	Give Encouragement
Relapse	Relapse has quit for at least 48 hours but is smoking again without becoming stuck or demoralised because of the relapse.	Identify what has caused the relapse and work out how that can be avoided. Build on previous positive experience.