



"The first stage, **pre-contemplation**, individuals are aware there is a problem, but may not know exactly what the problem is or the extent of it, and have not yet thought about what to change to resolve it.

The second stage is labelled **contemplation**, the stage at which persons recognise the problems they wish to solve, and start to think seriously about changing their behaviour, but have not yet acted.

The third stage is called **preparation** and is characterized by people preparing themselves for a change in their behaviour.

When individuals successfully and consistently perform the behaviour in question, they are regarded as being in the **action** stage.

Progression from the action stage to the **maintenance** stage occurs when the behaviour in question has been performed for six months or more" (emphasis added).

Or **Termination** occurs when an individual decides not to continue with the change in behaviour.