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Stages of Change

PRE-CONTEMPLATION	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE	RELAPSE
Create Doubt	Help Weigh Risk and Benefits of Changing Behavior	Examine Available Alternatives to Behavior	Help to Establish Clear Plan of Action	Help to Identify and Use Strategies to Prevent Relapse	Identify Flaws in Previous Plan
Increase Awareness of Risks & Problems	Evoke Reasons to Change / Risks to <u>not</u> Changing	Help to Determine Best Course of Action	Eat Healthy, Get Enough Rest, & then...	Avoid Negative People	Establish Plan to Deal with Distractions and Disruptions to Plan
Question the Inevitability of Things Staying the Same	Find Motivation	Find Resources	DO IT!		Return to Precontemplation &
Find Hope	Find Dreams	Get Guidance (From Healthy & Successful People)	DO IT!	Keep Doing Your Plan... even when at first it does not pay off	Resume Process
	Find Purpose	Get Support (From Healthy & Positive People)	DO IT!		
	Get a Vision		DO IT!	Eat Healthy, Get Enough Rest, & Stay on an Even Emotional Level	(In other words, keep on doing it, until you do it correctly!)
	Strengthen Self Efficacy for Change		DO IT!		
			DO IT!		Or, QUIT & Resign Yourself to Your Miserable Minimal Existence Forever!