

Assessing Client/Patient Stage of Change

STAGE	QUALITY OF CLIENT REMARKS	TECHNIQUES
PRECONTEMPLATION	Has no desire to change ____ Does not think ____ is important	Empathy, Acceptance, "Plant Seeds," Give Information/Educate
CONTEMPLATION	Wants to know more about ____ Questions whether they can ____	Provide Information, "Baby steps", Develop relationships, Review barriers/obstacles
PREPARATION	I want to ____ I am in the process of ____	Investigate, Be specific, Plan, Scheduling
ACTION	I am ____	Inspiration, Analyze Challenges, Rewards, Support ____
MAINTENENCE	I have ____ I have reached my goal ____	Role Model, Rewards, Creativity, Relapse Prevention