The Six Stages of Behavior Change


Stage 1
Precontemplation: Unaware of a habit or its negative effects and not seeking to change

Stage 2
Contemplation: Aware of a habit or its negative effects and intending to make a change

Stage 3
Preparation: Aware of a habit and making a plan for how to change it

Stage 4
Action: Aware of a habit and taking action to change it

Stage 5
Maintenance: Continuing the action to maintain a behavior change

Stage 6
Termination: The behavior change is in place all of the time. (we may never reach this stage)