

Stages of change

1) Not thinking about changing

1) Thinking about changing

1) Preparing to change – getting new ideas;
experimenting with new ways of doing things

1) Making the change – doing things the new way
more and more often, finding support for doing
things the new way, and leaving behind the old
way of doing things

1) Maintaining the change – using your new skills and
your support system; managing situations that
might tempt you to do things the old way