

The Change Cycle



Prochaska & DiClemente 1983

7 Steps of Contemplation

(This process needs to be worked through as part of pre-contemplation stage)

- I accept there is a problem
- I accept I have some responsibility for the problem
- I have some discomfort about it
- I believe that things must change
- I can see that I am part of the solution
- I can make a choice
- I can see the next steps towards change

Stages of Contemplation

Pre-Contemplation - Anxious, defensive, denial, projecting blame, lacking insight

Contemplation - Weighing up the pros and cons, losses and gains, start of the change process

Preparation - Visualising those first steps, mentally, emotionally and practically making plans. Determination develops and motivation increases

Action - Rehearsing new behaviours, taking action, doing as well as saying

Lapse - Losing momentum and confidence, slipping up, reverting to old behaviours. Can happen at any stage, can recover from lapse and get back on cycle

Maintenance - Keeping it going, seeing results, internalising and sustaining new behaviours

Relapse - Lapses are repeated or a serious relapse occurs and the cycle is abandoned, there is often permanent exit

- This model has wide application. It can be used by individuals, teams and organisations. Change can be difficult and this model helps reveal resistance, blocks, risks - we can then consider how to address those
- It can be useful to rehearse with the model yourself before taking someone else through it. It can be used to look at past attempts to change and consider when and why it failed
- The Cycle breaks down the stages of change and can make it seem less daunting. Also it recognises that lapses happen but can be overcome
- The model can also be used to evidence attempts at change, whether successful or not. If change is not possible within required timescales, it can also evidence this