



# Processes of Change

## Transtheoretical Model

Precontemplation	Contemplation	Preparation	Action	Maintenance
<ul style="list-style-type: none"> <li>•Consciousness Raising</li> <li>•Environmental Evaluation</li> <li>•Dramatic Release</li> <li>•Social Liberation</li> </ul>				
•Self-Evaluation				
•Self-Liberation				
<ul style="list-style-type: none"> <li>•Helping Relationships</li> <li>•Counter Conditioning</li> </ul>				
←-Pros of Changing Increasing →			<ul style="list-style-type: none"> <li>•Stimulus Control</li> <li>•Management</li> </ul>	
← Cons of Changing Decreasing →				
← Self-Efficacy Increasing →				