



On a scale of 0 to 10, how confident are you to make this change?

0

Not Ready

1

2

3

4

5

6

7

8

9

10

Thinking About It

Ready

STAGES OF CHANGE



Precontemplation

Not ready/no change

Contemplation

Awareness of need to change

Preparation

Planning to change

Relapse

Regress back to old behaviors

Maintenance

Maintaining the change

Action

Making the change

PRODUCED BY THE OKLAHOMA HEALTH CARE AUTHORITY



On a scale of 0 to 10, how important is this change to you at this time?

0

Not Ready

1

2

3

4

5

6

7

8

9

10

Thinking About It

Ready

STAGES OF CHANGE



Precontemplation

Not ready/no change

Contemplation

Awareness of need to change

Preparation

Planning to change

Relapse

Regress back to old behaviors

Maintenance

Maintaining the change

Action

Making the change



On a scale of 0 to 10, how ready are you to make this change?

0

Not Ready

1

2

3

4

Thinking About It

5

6

7

8

9

Ready

10

STAGES OF CHANGE



Precontemplation

Not ready/no change

Contemplation

Awareness of need to change

Preparation

Planning to change

Relapse

Regress back to old behaviors

Maintenance

Maintaining the change

Action

Making the change