**Stages Of Change**

1. **Precontemplation**
   - No intention of changing behaviour

2. **Contemplation**
   - Aware a problem exists.
   - No commitment to action

3. **Preparation**
   - Intent upon taking action

4. **Action**
   - Active modification of behaviour

5. **Maintenance**
   - Sustained change - new behaviour replaces old

6. **Relapse**
   - Fall back into old patterns of behaviour

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**Upward Spiral** - Learn from each (re)lapse