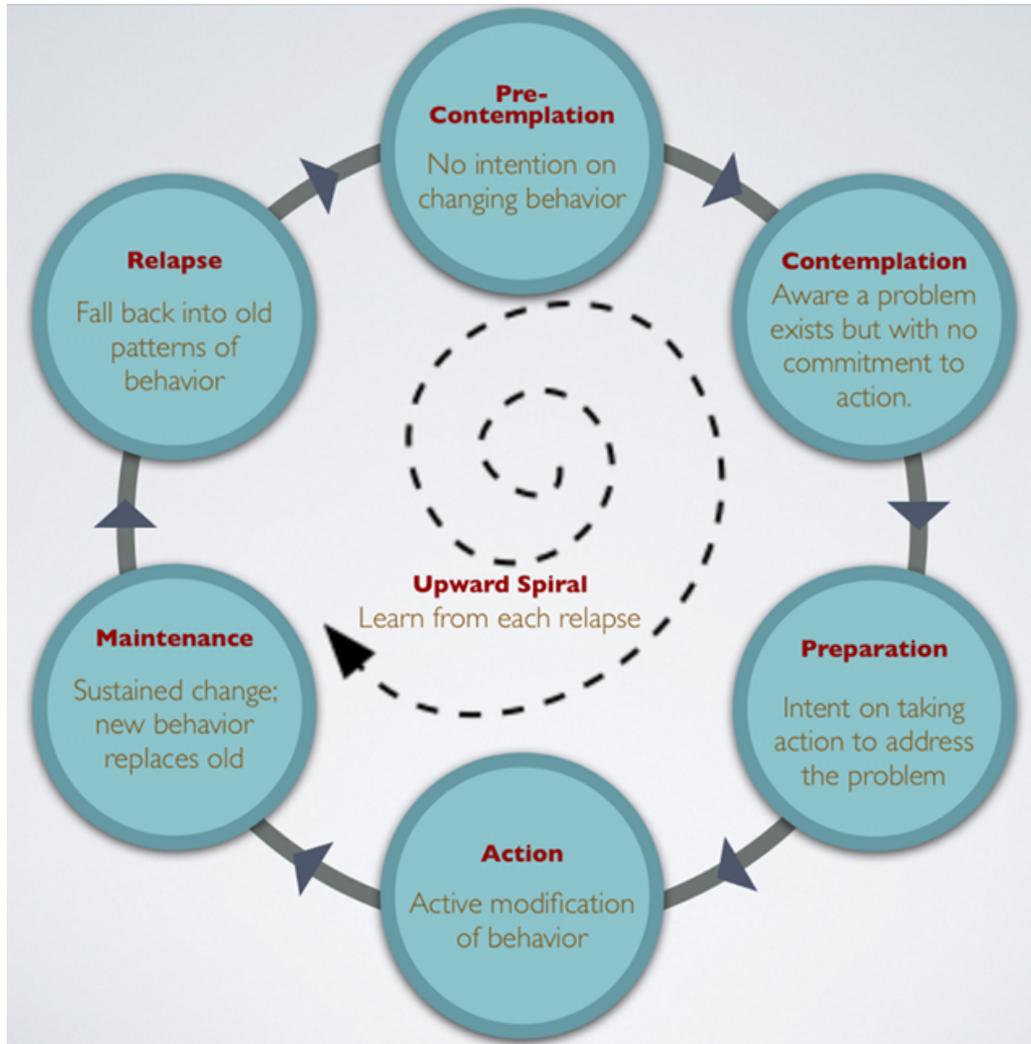


# Getting on better cards

## 9. DiClemente's model of change



### Change Theory

The above-cited model shows a variety of stages that one can expect to go through when modifying behaviour. Whether it is you or your client, Prochaska & DiClemente's model (1983) indicates that a person at any given time during this process is in a certain stage.

Although the word "Relapse" may suggest that this model applies to drug/alcohol treatment, this model applies to all types of desired change, whether it is as trivial as ceasing to bite your fingernails or as serious as controlling one's anger.

# Getting on better cards

## 9. DiClemente's model of change

### Stages

As you can see, there are various **stages of the model** (and the behaviour expected of the person experiencing change):

- **Pre-contemplation:** A logical starting point for the model, where there is no intention of changing behaviour; the person may be unaware that a problem exists
- **Contemplation:** The person becomes aware that there is a problem, but has made no commitment to change
- **Preparation:** The person is intent on taking action to correct the problem; usually requires buy-in from the client (i.e. the client is convinced that the change is good) and increased self-efficacy (i.e. the client believes s/he can make change)
- **Action:** The person is in active modification of behaviour
- **Maintenance:** Sustained change occurs and new behavior(s) replaces old ones. Per this model, this stage is also transitional
- **Relapse:** The person falls back into old patterns of behaviour
- **Pre-contemplation:** The person may be unaware that there's a problem, thus there is no intention to change behaviour

### The End of Change?

The model does not show an end to the process of change and suggests that a person is ever-progressing in the cycle.

Logically, **Relapse**, or recurrence of previously undesired behaviours, would follow **Maintenance** of the newly acquired behaviours. It is possible for someone to stay years at the **Maintenance** stage or to never have a Relapse. When one **Relapse**, they may not be aware of it (i.e. **Pre-contemplation**) or may go through the Pre-contemplation phase quickly to being aware of the problem (i.e. **Contemplation**).