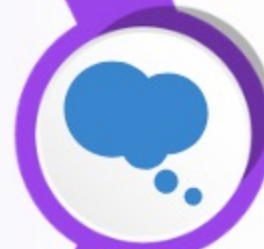


STAGES OF CHANGE



Pre-contemplation

Denial – no intention of behaviour change



Contemplation

Awareness of problem, but no commitment to action



Preparation

Intent upon taking action



Action

Active commencement of behaviour modification



Maintenance

New behaviour replaces old behaviour



Relapse

Reverting to old patterns of behaviour