

Prochaska's Model Prochaska's model stipulates six stages:

1. Precontemplation - lack of awareness that life can be improved by a change in behavior;
2. Contemplation - recognition of the problem, initial consideration of behavior change, and information gathering about possible solutions and actions;
3. Preparation - introspection about the decision, reaffirmation of the need and desire to change behavior, and completion of final pre-action steps;
4. Action - implementation of the practices needed for successful behavior change (e.g. exercise class attendance);
5. Maintenance - consolidation of the behaviors initiated during the action stage;
6. Termination - former problem behaviors are no longer perceived as desirable (e.g. skipping a run results in frustration rather than pleasure).