

TTM stages of change

Understanding where a patient falls along the Transtheoretical Model of Behavior Change spectrum can help you guide him along a path to improved health.

Precontemplation—Has no intent to change behavior in the near future (within the next 6 months).

Contemplation—Considering behavior change within the next 6 months (weighing pros and cons).

Planning/Preparation—Beginning to take steps to make change and intends action in the near future—usually within the next month (has a plan of action).

Action—Change has been made within the past 6 months.

Maintenance—Change has persisted for at least 6 months.