

## Stages of Change

Explain a person's experience during each stage of change while in the process of quitting smoking, losing weight, and quitting gambling.

### **Quitting Smoking**

Precontemplation

Contemplation

Preparation/Determination

Action/Willpower

Maintenance

Relapse

### **Losing Weight**

Precontemplation

Contemplation

Preparation/Determination

Action/Willpower

Maintenance

Relapse

### **Quitting Gambling**

Precontemplation

Contemplation

Preparation/Determination

Action/Willpower

Maintenance

Relapse