



Stages of change model

The client must progress through the 5 stages detailed below in a linear fashion. When a client moves too quickly through or skips a stage, the likelihood for returning to the old behavior is greater. I help my clients identify the stage of change they are in and lay the groundwork for the next stage in order to ensure their success. Below we observe the progress of “Sally,” a fictitious client, as she progresses through the stages.

