→ **Pre-contemplation** is a logical starting point for the model where there is no intention of changing behavior and the person may be unaware that a problem exists.

→ **Contemplation** is where the person becomes aware that there is a problem but has made no commitment to change.

→ **Preparation** is where the person is intent on taking action to correct the problem. This stage usually requires buy-in from the client (for example, the client is convinced that the change is good) and increased self-awareness (meaning the client believes s/he can make the change).

→ **Action** is where the person is in active modification of the behavior.

→ **Maintenance** is where sustained change occurs and new behavior(s) replace old ones.

→ **Relapse** is where the person falls back into old patterns of behavior.

→ Finally, the **upward spiral** shows how each time a person goes through the stages of change they learn from each relapse and grow stronger so that the relapse is shorter and less devastating.

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https://sharepoint.washington.edu/uwpsychiatry/SPRIT/Pages/default.aspx