

# Stage Matching

## Pre-Contemplation

- ENGAGE
- EMPATHY
- UNDERSTANDING

## CONTEMPLATION

- STRATEGICALLY RESPOND TO:
- Sustain Talk
  - Change Talk

## Preparation

- FOCUS
- TOP of the MOUNTAIN
- SET GOALS/PLAN

## Action

- AFFIRM
- SUPPORT SELF-EFFICACY
- REFOCUS

## MAINTENANCE

- FOCUS
- MONITOR TRIGGERS
- AFFIRM

## Lapse/Backslide

- ENGAGE
- EMPATHY
- REFOCUS