# 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