

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