

Stage of Change	Perspective/Behavior
Pre-Contemplation	There is no intention to change behavior. Does not believe the behavior is problematic. Behavior controls are external rather than internal.
Contemplation	Aware that a problem exists and is seriously thinking about overcoming it but has not yet made a commitment to act.
Determination	Aware that a problem exists and is seriously thinking about overcoming it but has not yet made a commitment to act.
Action	Modification of behavior, experiencers, or environment to overcome the problem. Action involves behavioral changes and requires considerable commitment of time and energy.
Maintenance	Continued commitment to sustaining positive behavioral change.

The Stages of Change model conceptualizes the internal process an individual goes through when changing his or her behavior. A Person Under Supervision may be in different stages of various behaviors at the same time. The failure to internalize any one of these steps will result in a negative outcome.