

STAGES OF CHANGE MATRIX

STAGE	BEHAVIOR
Pre-Contemplation	The offender may not consider his or her substance abuse or mental health instability to be problematic.
Contemplation	The offender is aware of the “problem” but minimizes its impact on his or her life; is unwilling to give up the benefits of maintaining the self destructive pattern; or feels overwhelmed by the effort required to get the problem under control.
Determination or Preparation	This is often described as the “decision point.” The person is actively seeking a plan of action and making plans to address the problem.
Action	Actively taking steps to change his or her behavior. This may be accomplished by participating in the treatment process.
Maintenance	Ongoing preventive behaviors to self-regulate and maintain the positive change.

The Stages of Change model conceptualizes the internal process an individual goes through when changing his or her behavior. An offender 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.

