The Cycle of Change

Preparation
- Action: Commitment to change, existing with a problem.
- Concern: Changing behavior, no intention.
- Pre-completion: A logical standing.

Maintenance
- New behavior: Replaces old.
- Sustained change: Requires old patterns of behavior.
- Old habits: The person falls back into.
- Relapse: The person fails, the cycle repeats.

Upward Spiral: Each time a person goes through the cycle, they learn.
- Sustained change: Sustained change occurs and new patterns of behavior replace old ones. Per this model, the stage is modification of behavior.
- Relaxation: The person is in active relaxation.
- Efficiency: The client believes they have made progress.
- Personal change is good and increases self-esteem.
- Client usually reforms, they improve the client.
- Testing decision to correct the problem.
- Preparation: The process is similar on.

Relapse
- Behavior: Old patterns of behavior.
- Fall back to.

Release
- Action: Release from each relapse.
- Interpretation: Learn from each relapse.
- New behavior: Replaces old.
- Maintenance: Sustained change.

The Problem
- Action: Intent on taking action to address the problem.
- Preparation: No intention on pre-completion.
- Concerning changing behavior, no intention.

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