

## Stage of Change Descriptors

**In relationship to my "happy life" vision, for EACH problem or issue, which sentence best fits my position on the issue**

**1: Precontemplation:** You may think it's an issue, but I don't, and even if I do, I don't want to do anything about it, so don't bug me.

**2: Contemplation:** I am willing to discuss it, think about it, and consider whether to change, but I have no interest in changing, at least not now.

**3: Preparation:** I am ready to start changing, but I haven't started, and need some help to begin.

**4: Early action:** I have already begun to make changes and need some help to continue, but I am not committed to maintenance.

**5: Late action:** I am working toward maintenance but haven't gotten there, and need some help to get there.

**6: Maintenance:** I am stable, and I am trying to stay that way as life throws challenges at me.