THE CYCLE OF CHANGE

CHANGE IS A JOURNEY

People do not usually change in a straight line. You might move forward, slip back, and try again. These stages show common parts of the change process. You may recognise some of them in yourself.

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PRECONTEMPLATION

I do not see my behaviour as a problem. I am not thinking about changing. Other people may be worried, but I do not feel ready.

CONTEMPLATION

I am starting to notice how this issue affects my life. I can see both the good and the bad sides. I feel unsure and torn about making a change.

PREPARATION

I want things to be different. I am thinking about what steps to take. I may be reaching out for advice, support, or treatment.

ACTION

I am taking steps to change my behaviour. I am trying new ways to cope and manage stress. It is not easy, and I need steady support.

MAINTENANCE

I am working to keep the change going. I am building healthier routines and habits. I am learning how to manage triggers and tough moments.

RELAPSE

I have slipped back into old patterns.This is common and does not mean failure. I can look at what happened, ask for support, and begin again.

REMEMBER:

Change is possible. It is not about being perfect. It is about understanding yourself, learning what helps, and keeping going. You do not have to do it on your own.