Precontemplation (not ready)

Termination (when appropriate)

> Transtheoretical Model

The Transtheoretical (Stages of Change) Model is based on the theory that individuals follow a circular rather than linear path as they flow through a series of stages to modify behavior.

Contemplation (getting ready)

Preparation with plan (ready)

> Action (moving forward)

Maintenance (managing and preventing drift)

# **Trans Theoretical Model Therapy Practical Guide**

**Xiang Xie** 

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