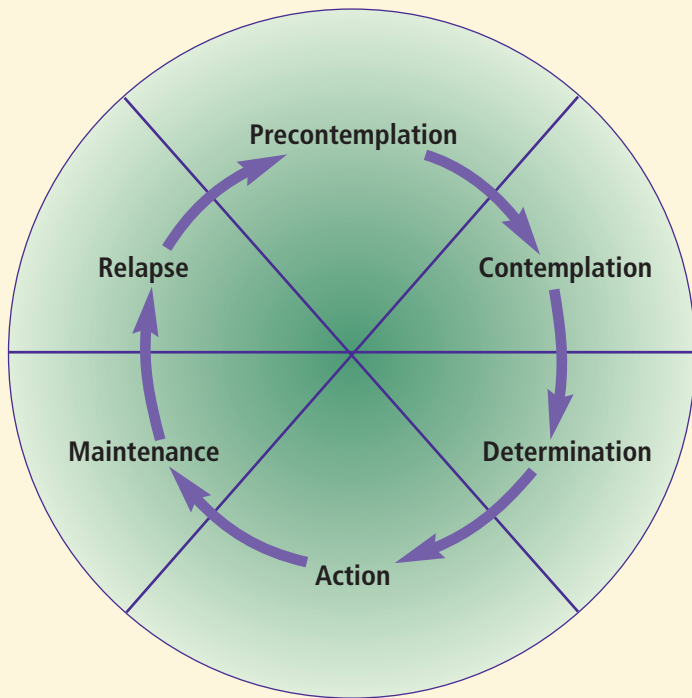


# The different stages of behavioral change

Behavioral change is not an event, but a process marked by a cycle of different stages. When counseling patients, physicians should use stage-specific advice and interventions.



Adapted from: Prochaska and DiClemente, "Toward a Comprehensive Model of Change" in "Treating Addictive Behaviors," ed. William R. Miller, Plenum Press, 1986.