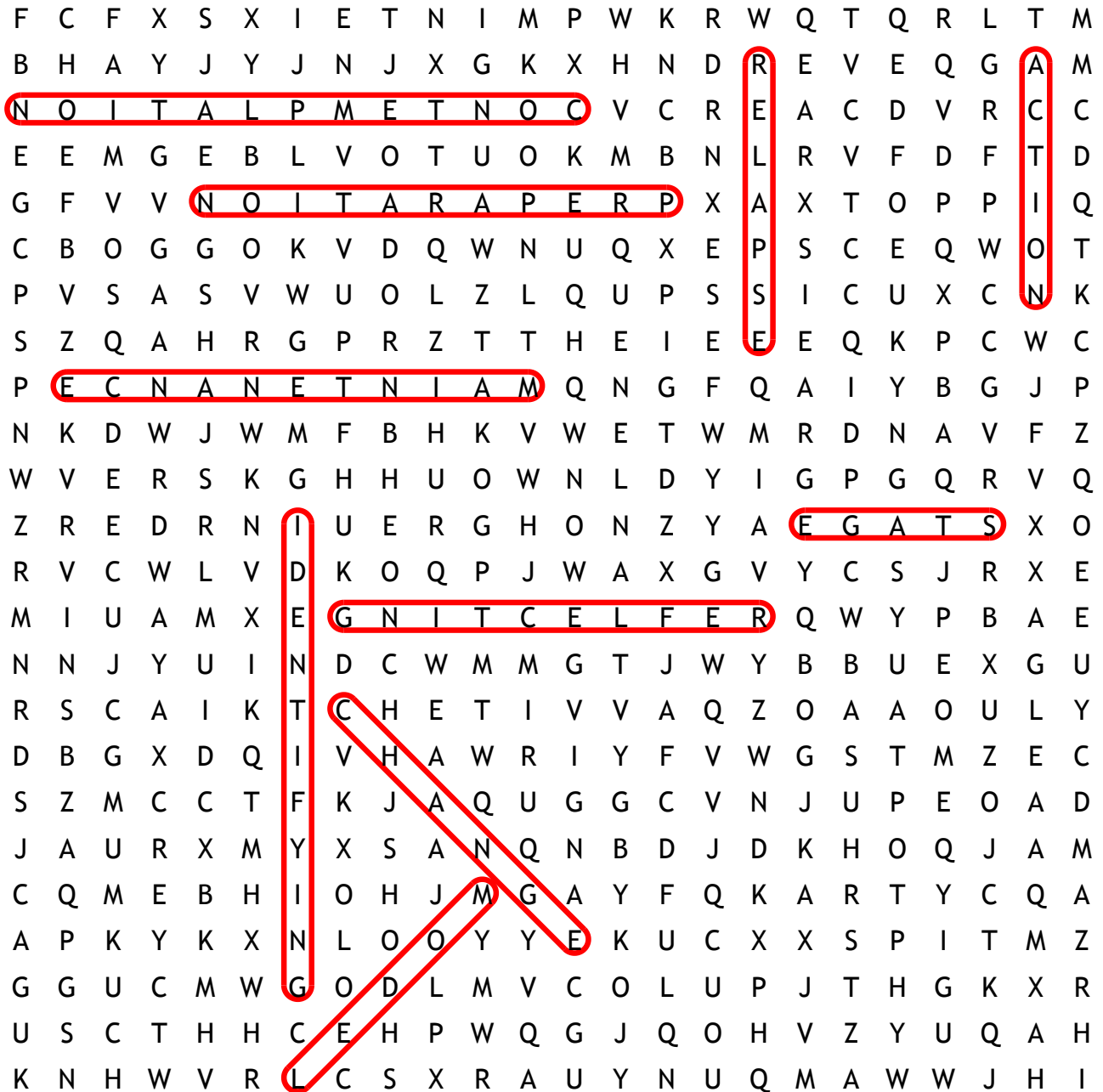


Name: _____

The stages of change model



contemplation

identifying

preparation

maintenance

reflecting

relapse

change

action

stage

model