## Stage Matching

## **Pre-Contemplation**

- ENGAGE
- EMPATHY
- UNDERSTANDING

CONTEMPLATION

## **STRATEGICALLY RESPOND TO:**

- Sustain Talk
- Change Talk

Preparation

- FOCUS
- TOP of the MOUNTAIN
- SET GOALS/PLAN

**Action** 

- AFFIRM
- SUPPORT SELF-EFFICACY
- REFOCUS

**MAINTENANCE** 

- FOCUS
- MONITOR TRIGGERS
- AFFIRM

Lapse/Backslide

- ENGAGE
- EMPATHY
- REFOCUS