

# CHEMISTRY-PHYSICAL CHEMISTRY

Five steps in Prochaska and  
Diclemente process of Change  
model.

## 1. PRECONTEMPLATION.

This initial stage, individuals are not yet considering making changes to their behaviour. They aren't aware of the problems existing. Have no intention of taking action in the foreseeable future due to lack of motivation and self awareness.

This stage the focus is on raising awareness and building motivation for change.

## 2. CONTEMPLATION.

Here individuals become aware of their problems existence and starts to think of possibilities of making change.

They are ambivalent about the possibility of making a change and weigh the pros and cons of changing their behaviours. Here one

can experience mixed emotions and uncertainty about taking actions . The goal here is to help individuals explore their options ,gather information and resolve their ambivalence.

### 3 PREPARATION.

.Here one has made a firm decision to change his or her behaviour. One begins to take small steps and making plans to initiate the change in the near future, typically within a month or two . One can gather resources, seek emotional support , setting specific goals and boundaries. The focus is to develop a realistic action plan and build self-efficacy.

### 4 ACTION

It marks the implementation of the planned behaviour change. One can modify his or her behaviour,

environment or both to achieve goals. Investing in time and effort in making the change happen and may face various challenges and setbacks along the process. Emphasis on adopting new behaviours and reinforcing them through ongoing support and self-monitoring.

## 5. MAINTENANCE

Here is a successful stage where one has already implemented the behaviour change and aim to sustain it over the long term. Reaching your goals and work on preventing relapse into old patterns. The focus shifts toward consolidating their new behaviour, developing coping strategies and managing potential triggers. This involves ongoing self-monitoring, reinforcement and support to prevent regression.