**PROCHASKA AND DICLEMENTE PROCESS OF CHANGE OF MODEL**

The Prochaska and DiClemente Stages of Change model, also known as the Transtheoretical Model, describes the process individuals go through when making a behavior change. It provides a useful framework for understanding the process of behavior change and can be applied to a wide range of health behaviors, including smoking cessation, weight loss, and physical activity.The model consists of five stages, which are as follows:

**Stage 1.** **Precontemplation**.

In this stage, individuals are not yet seriously considering changing their behavior. They may be unaware of the negative consequences that their behavior is causing or may feel powerless to change or even may not see the need for change. Individuals in this stage may be resistant to discussing their behavior (denial) or may be defensive when confronted about it or when pressured to quit and do not feel it as a problem.

Here, the addiction professional's role is to raise awareness and provide education about addiction and its consequences. They might provide information about the risks associated with substance abuse and encourage the individual to consider the impact of their behavior on their health, relationships, and overall well-being.

One of the biggest challenges an addiction professional faces in this stage is resistance from the individual. They may not be ready to hear about the negative consequences of their behavior or may not believe that they have a problem.

The addiction professional may be forced to find creative ways to engage the individual and help them see the impact of their addiction on their life.

**Stage 2**. **Contemplation.**

In the contemplation stage, individuals start to be aware that their behavior is a problem and begin to see how it will negatively impact their lives and are considering making a change.They spend considerable amount of time reflecting on their problem. They may be weighing the pros and cons of changing their behavior and may be seeking information and advice from others including professional interventiona. Individuals in this stage may feel ambivalent about making a change and may be hesitant to commit to a specific plan of action.

Therefore, the addiction professional will help the individual explore their ambivalence and identify the pros and cons of changing their behavior. They might help the individual identify their values and goals, and how their addiction might be getting in the way of achieving these goals. The addiction professional might also help the individual develop a plan for change and provide support and encouragement.

Usually, it takes a week or two to pass this stage but to some people it goes for as long as a lifetime and even some die without wrapping up their minds to move to the next stage.

The main challenge here is that the individual may be ambivalent about change and may struggle to commit to making a change.

The addiction professional may need to help the individual explore their reasons for change and find ways to overcome their ambivalence. They may also need to help the individual recognize that they have the power to make a change and that change is possible.

**Stage 3.** **Preparation**.

In the preparation stage, individuals have managed to convince their faculties that they should change and are ready to take action to change their behavior. They may have set goals and developed a plan for making the change. They may also be seeking support from others and may be making changes to their environment to facilitate the change. Individuals in this stage may feel excited and motivated to make the change, but may also feel anxious or uncertain about their ability to succeed.

Oftentimes, some people skip this stage and move directly from contemplation to action which consequently increases their chances of relapsing as they had some little research and less willingness power had manifested.

The addiction professional should help the individual develop a specific plan for change and identify potential barriers to change. They might help the individual identify coping strategies and develop a support network to help them through the process.

One of the biggest challenges in this stage is helping the individual develop a plan for change that is realistic and achievable.

The addiction professional should therefore help the individual identify potential barriers to change and find ways to overcome them. They may also need to help the individual build a support network that can help them through the process as earlier stated.

**Stage 4**. **Action**

In the action stage, individuals are actively making changes to their behavior and they aim towards total cessation. They may be using strategies such as self-monitoring, problem-solving, and social support to help them stay on track. Individuals in this stage may experience setbacks and challenges, but they are committed to continuing to make progress towards their goal. Continuously, they remind themselves on the need to achieve their goal and are willing to overcome any temptations.

Scientifically, this stage takes the shortest time ranging between 6months at most and to as low as just an hour.

In this stage, the addiction professional will help the individual implement their plan for change and provide ongoing support and encouragement. They might also help the individual develop new skills and habits to replace their old patterns of behavior.

The individual may face a number of challenges as they work to change their behavior. They may experience withdrawal symptoms, cravings, and other physical and emotional challenges.

The addiction professional may need to provide ongoing support and encouragement to help the individual stay motivated and committed to their goals.

**Stage 5**. **Maintenance**

In the maintenance stage, individuals have successfully changed their behavior and are working to maintain their new habits. They may be using strategies such as relapse prevention and ongoing support from others to help them stay on track. Individuals in this stage may feel a sense of accomplishment and may be motivated to make additional changes or to help others who are working to make similar changes.

The addiction professional will help the individual maintain their progress and avoid relapse. They might help the individual develop coping strategies for dealing with triggers and stressors, and provide ongoing support and accountability. The addiction professional might also help the individual identify new goals and aspirations, and work towards achieving them without the need for substance abuse.

One of the biggest challenges in this stage is preventing relapse.

The addiction professional may need to help the individual identify triggers and develop coping strategies to deal with them. They may also need to help the individual build a support network that can help them stay on track. Additionally, the addiction professional may need to help the individual find new goals and aspirations to work towards that do not involve substance use.

It is important to note that the Stages of Change model is not a linear process. Individuals may move back and forth between stages and may experience setbacks along the way multiple times before successfully maintaining their behavior change. However, by understanding the stages of change and the strategies that are most effective at each stage, individuals can increase their chances of successfully making lasting changes.