## Guide to Identifying and Determining Strategy for Stages of Change

<table>
<thead>
<tr>
<th>Stage of Change</th>
<th>Example</th>
<th>Strategy</th>
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</thead>
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<tr>
<td><strong>Precontemplation</strong></td>
<td>• I am not currently following my diet and don’t care to change. I eat whatever I want and I don’t use formula &lt;br&gt; • I don’t follow my diet when I can get away with it. &lt;br&gt; • I don’t need to follow my diet as long as I feel okay</td>
<td>• Ask permission to provide information on how other people have worked through obstacles &lt;br&gt; • Review reasons for and against change to try to find how following the diet will help his/her life. &lt;br&gt; • Determine knowledge deficit</td>
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<td><strong>Contemplation</strong></td>
<td>• I am not currently following my diet but I know I should. &lt;br&gt; • I want to follow my diet so my doctor gets off my back. &lt;br&gt; • If I start feeling bad I will follow my diet. &lt;br&gt; • I don’t like feeling different.</td>
<td>• Ask questions to determine if there are ways to overcome the barriers and help the patient understand the discrepancy between being off diet and what he/she wants to achieve &lt;br&gt; • “How do your headaches interfere with being with your friends?” &lt;br&gt; • Review reasons for and against change to determine the discrepancy of not following the diet with a longer-term goal</td>
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<td><strong>Preparation</strong></td>
<td>• I am following my diet from time to time. I know I should but it is hard &lt;br&gt; • I’d be able to follow my diet if we didn’t eat out so much. &lt;br&gt; • I’d follow my diet if we could afford to buy the foods I need.</td>
<td>• Find necessary resources and educate the patient on new foods and recipes. &lt;br&gt; • Roll play taking action</td>
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<td><strong>Action</strong></td>
<td>• I am following my diet almost all of the time. I will do what I need to do to stay healthy &lt;br&gt; • It’s not so hard to follow my diet.</td>
<td>• Anticipate and plan for potential challenges &lt;br&gt; • holidays &lt;br&gt; • birthday &lt;br&gt; • vacations &lt;br&gt; • Assist with problem solving</td>
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<td><strong>Maintenance</strong></td>
<td>• I have been following my diet for at least 6 months now</td>
<td>• Anticipate potential barriers and determine strategies to overcome the barriers that cause the slip &lt;br&gt; • Job/college interview &lt;br&gt; • Discuss red flags &lt;br&gt; • Feel really good &lt;br&gt; • Forgot to take lunch</td>
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Your patient was asked to check next to the sentence that described his/her current thinking about following his/her diet. In reviewing your assessment form, determine the patient's stage of change.

Precontemplation:
___ I am not following my diet and don’t care to change
___ I tell my healthcare providers I follow my diet when I really don’t
___ I eat whatever I want and I don’t use formula
___ I feel okay so I am probably okay not being strict with my diet
___ If I start feeling bad, I will go back on my diet.
___ I don’t follow my diet when I can get away with it.

Contemplation:
___ I know I should follow my diet but I don’t want to feel different.
___ I’d be able to follow my diet if we didn’t eat out so much.
___ I’d be able to follow my diet if my family ate what I have to eat.
___ I’d be able to follow my diet if I wasn’t in school.
___ I’d be able to follow my diet if we could afford to buy more of the food I should eat.

Preparation:
___ I want to follow my diet so that I can live a long and healthy life.
___ I want to follow my diet so I can someday have children of my own.

Action:
___ I do follow my diet most of the time.

Maintenance:
___ I have been following my diet without a problem for over 6 months now.