

AUTHENTIC LEADERSHIP

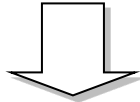
C E N T E R

The Cycle of Change

(Adapted from Changing for Good, Prochaska, et. al, 1995)

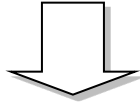
Precontemplation – Resisting Change

Unaware and in denial about issue
Resistant, defensive, angry, avoidant



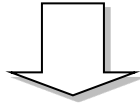
Contemplation – Change is on the Horizon

Examining how issue affects self and others
Emotional, brittle, uninformed



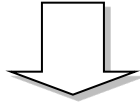
Preparation – Getting Ready for Change

Examining how to change and what life will look after change
Hopeful, informed



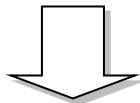
Action – Time to Move

Implementing the plan and taking direct actions
Determined, confident, proactive



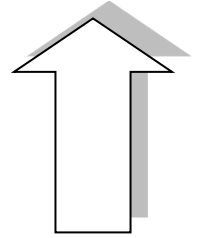
Maintenance – Staying There

Integrating the change into long-term behavior
Shifting short-term strategies into new beliefs
Determined, wary, connected to support



Termination – Exiting the Cycle of Change

The change is a part of the self
No desire to go back to old issue



Recycling

