

Match the stage of change with what describes

contemplation
Pre-contemplation
Planning
Action
Maintenance
Relapse

The person starts to think that there might be a need for change.

The new behaviors have replaced the old ones.

The person plans to make a change.

The person can fall back into old habits and behaviors.

The person might not know that they need to change.

A person has started to make the planned changes to their behavior.