

## Match the stage of change with what describes

<b>contemplation</b>
<b>Pre-contemplation</b>
<b>Planning</b>
<b>Action</b>
<b>Maintenance</b>
<b>Relapse</b>

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.