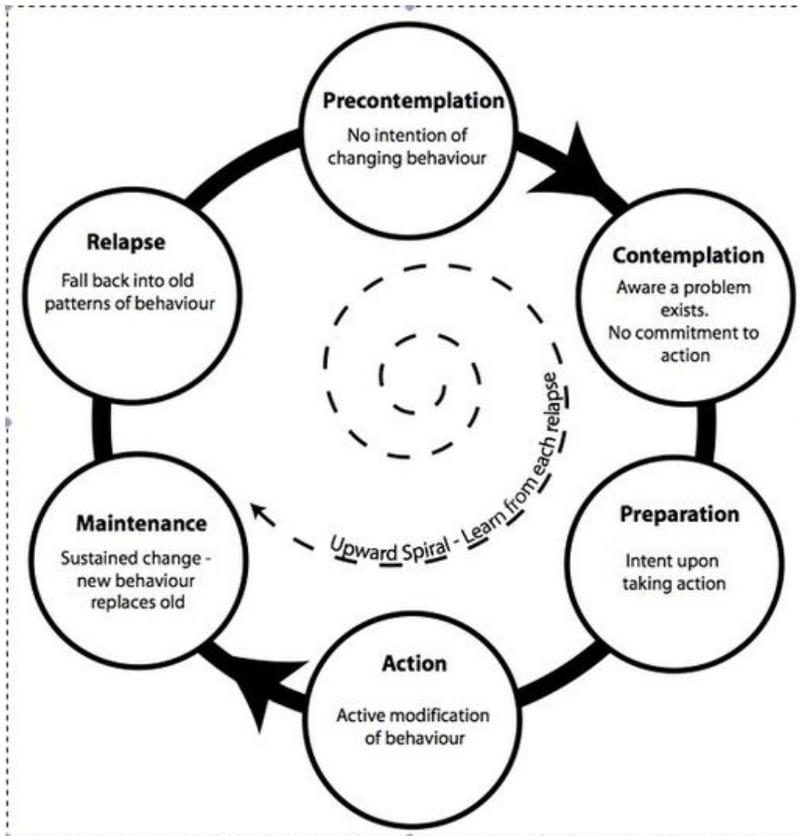


6 STAGES OF CHANGE

The Transtheoretical Model of Behavior Change



Built around an understanding that individuals making change progress over time through a series of 5 stages. This is not a linear process, but a cycle that people move through; sometimes they move forward, and sometimes they cycle back to an earlier stage.

The top of the list has to do with the mind, whereas the bottom part of the list has to do more with actions, so we have to move ideas from the mind into action.

6 Stages of Change for Survivors of Sex Trafficking

Pre-contemplation stage - At this state people are not ready to change. They have no intention of changing their behavior in the foreseeable future. Oftentimes, they are unaware of the compelling reason for change. They may not be aware of the reason they should change their behavior. This is an excellent opportunity for teachers and parents to provide that reason. *Show concrete examples of positive outcomes of those who have succeeded in making the change.*

Contemplation stage - People in this stage are aware of the negative impact of their unhealthy behavior and are seriously thinking about adopting new, healthy behavior, but have not yet made a commitment to take action. *Address ambivalence: emphasize positive reasons for change, and challenge faulty thinking that is preventing change.*

Preparation stage - People in this stage intend to take action in the next month. They may have unsuccessfully taken action in the past year. If this is where a child is, peer pressure continues to be a strong issue. In this state, they have good intentions but have not yet accomplished protective change. *Having a persuasive voice in their life towards leaving “the life” is a highly significant factor.* Though a girl may want to leave “the life” she may be unsure of how to take action. *She may need someone to help her make a plan to follow through.*

Action stage - People at this stage modify their behavior in order to achieve positive change. They actually make a commitment and change their lives. While they are less likely to give into peer pressure, the change is still short-term; *they need to be held accountable to their decisions to change, and be reminded why.* It is challenging to stay at this stage because it takes time to incorporate new standards of living into their thoughts, feelings, and actions. *Build a community of support around them.*

Maintenance stage - People in this stage work to prevent relapse and fortify gains. To help them maintain their changes, they need encouragement from those holding her accountable, so they are not tempted to return to their pimp. *Celebrate change. Remind them of the benefits of having left ‘the life’ and the possible consequences of returning. Help them create a plan to deal with temptations to relapse. It takes time to develop a new habit – thoughts, feelings and actions.*

Re-lapse stage - They may cycle back to earlier stages at any point. *Encourage them that relapse does not mean they’ve failed; they just need to try again. Help them make an improved plan and put more supports in place to increase their likelihood of success.*