

## LEVEL OF READINESS SCALE

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Behavior change is rarely a discrete, single event; instead, the person moves gradually from being uninterested (precontemplation stage) to considering a change (contemplation stage) to deciding and preparing to make a change.

Five stages of change have been conceptualized for a variety of problem behaviors. The five stages of change are precontemplation, contemplation, preparation, action, and maintenance.

**Precontemplation** is the stage at which there is no intention to change behavior in the foreseeable future. Many individuals in this stage are unaware or under aware of their problems. *(No concept of how clutter might be affecting other people in the household. No desire to change their ways. The person sees no need to let go of anything, nor can you force them to...)*

**Contemplation** is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it but have not yet made a commitment to take action. *(May joke about their state of disarray; will allow others to gently poke fun of the excess, but they aren't contemplating letting anything go)*

**Preparation** is a stage that combines intention and behavioral criteria. Individuals in this stage are intending to take action in the next month and have unsuccessfully taken action in the past year. *(People complete workshops, read books and moan over their coffee about the condition of their spare room...they may walk into rooms with the best of intentions, then stare at the pile in utter disbelief and turn and walk out of the room)*

**Action** is the stage in which individuals modify their behavior, experiences, or environment in order to overcome their problems. Action involves the most overt behavioral changes and requires considerable commitment of time and energy. *(People will hire an organizer for a walk about and action plan. They recognize their need for help and reach out to a professional.)*

**Maintenance** is the stage in which people work to prevent relapse and consolidate the gains attained during action. For addictive behaviors this stage extends from six months to an indeterminate period past the initial action. *(Parents will hire an organizer to sort through their children's room on an annual basis.)*

*If you are ready to tackle your clutter, contact Alison Roberts for a walk-about and action plan. She will provide you with insights, strategies and assistance to lead a clutter-free life.*

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