

incremental & stages / phases. Pre-contemplation Journey the stayes of awareness of need at change change model After Dicemente 2003 Contemplation increasing the pros decreasing the cons for change Preparation maintenance Relapse Commitment & Integrating change Pengeling Planning Action implementing & renging the addiction syndrome, psychology of change





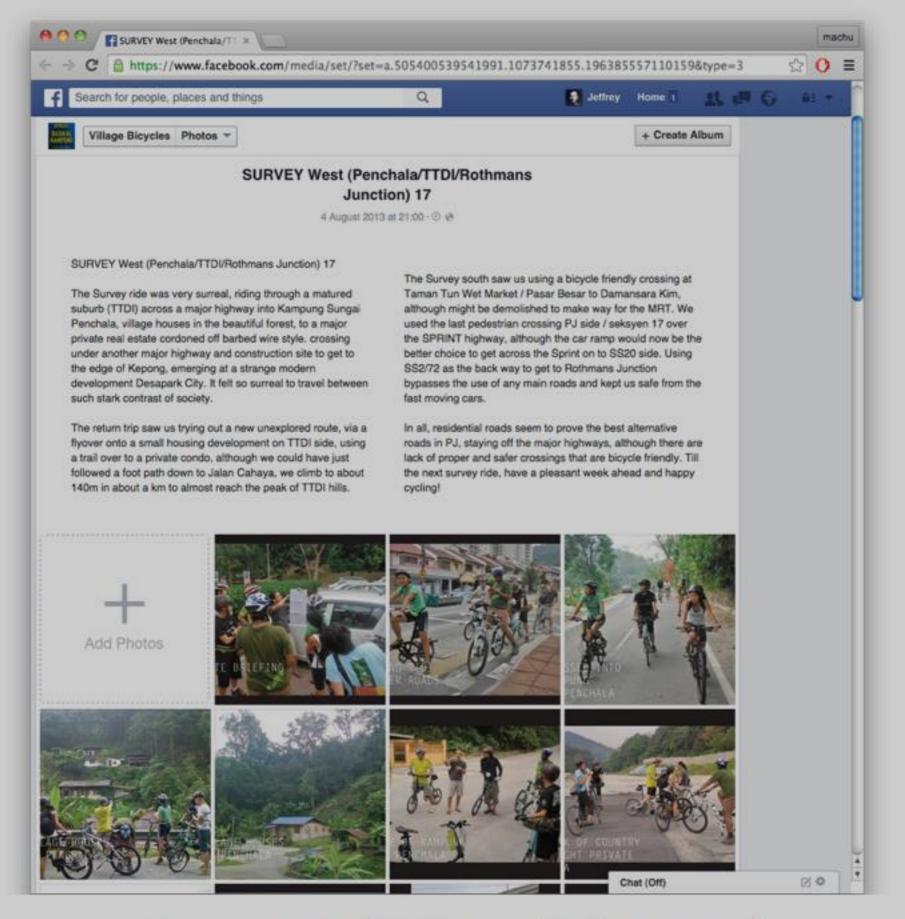












documentation, informed





