



## TTM: The Transtheoretical Model

The Transtheoretical Model (TTM) evaluates the readiness of a person to change. TTM focuses on the decision-making of a person. The purpose of this model is to help people evaluate their preparedness for behavioral change. TTM suggests that people move through six stages of change: precontemplation, contemplation, preparation, action, maintenance and termination.

1. **Precontemplation** – In this stage, people do not plan to take action in the near future. People are often unaware that their behavior is problematic.
2. **Contemplation** – In this stage, people are meaning to start the healthy behavior soon. At this point, people understand that their behavior may be problematic.
3. **Preparation** – In this stage, people are ready to take action within the next 30 days. People start to take small steps toward the behavior change, and they believe by doing this it can lead to a healthier life.
4. **Action** – In this stage, people may show this change by reducing non-health promoting behavior and engaging in valued and healthy alternatives.
5. **Maintenance** – In this stage, people have changed their behavior for a while. They also intend to keep the behavior change going forward to prevent relapse to earlier stages.
6. **Termination** – In this stage, people have no desire to return to their unhealthy lifestyle. At this point they are confident they will not relapse.

To read more about the Transtheoretical Model click here:

<https://journals.sagepub.com/doi/pdf/10.4278/0890-1171-12.1.38>