

# Stages of Change

What's in the Deck

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## Overview Cards



4 Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Model Card
- 1 Expert Card
- 1 R1 Card

## Stage Definition Cards



6 Stage Definition Cards

- Main Color: White with Color
- 1 Precontemplation Stage (Orange)
- 1 Contemplation Stage (Yellow)
- 1 Preparation Stage (Green)
- 1 Action Stage (Blue)
- 1 Maintenance Stage (Purple)
- 1 Relapse (Red)

## Sorting Cards



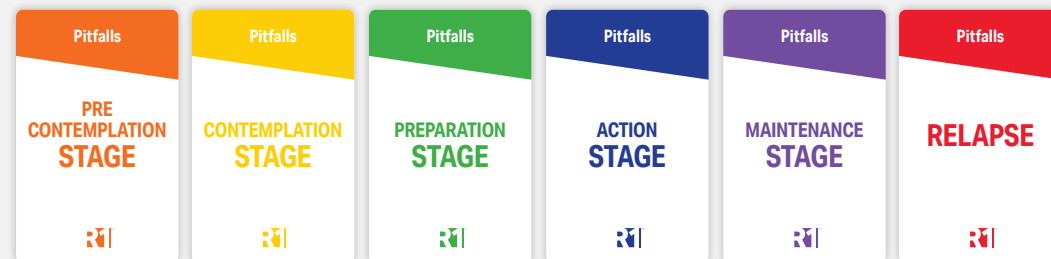
40 Sorting Cards

- Main Color: Mostly Color
- 8 Precontemplation Stage (Orange)
- 8 Contemplation Stage (Yellow)
- 8 Preparation Stage (Green)
- 8 Action Stage (Blue)
- 8 Maintenance Stage (Purple)

6 Stage Pitfall Cards

- Main Color: White with Color
- 1 Precontemplation Stage (Orange)
- 1 Contemplation Stage (Yellow)
- 1 Preparation Stage (Green)
- 1 Action Stage (Blue)
- 1 Maintenance Stage (Purple)
- 1 Relapse (Red)

## Stage Pitfall Cards



3 Activity Cards

- Main Color: Black
- 1 Activity 1: What Stage Am I In?
- 1 Activity 2: Progressing Through Stages
- 1 Activity 3: Pitfalls to Avoid

## Activity Cards



1 ME Action Card

- Main Color: Black
- 1 ME Action Card: individuals write in primary learning and action

60 TOTAL CARDS