**What is Precontemplation?**

Precontemplation is the stage of when the patient is does not intend to make a change to their behavior in the next six months2

**Precontemplation- what to do?**

Someone may be in this stage because:

* Lack of **information** about risk
* Lack **of self-confidence** in changing3

**Core principles + OARS for someone in precontemplation**



* Express empathy1 using:
	+ **Affirmations**4
	+ Reflections4,5
* Roll with resistance1 using:
	+ Reflections6,7

**Figure 1.** Adapted from Tuccero, Railey, Briggs & Hull (2016). Behavioral Health in Prevention and Chronic Illness Management, Primary Care: Clinics in Office Practice, 43, 191-102. doi: 10.1016/j.pop.2016.01.006



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