**What is Contemplation?**

When the patient has more awareness of the positive outcomes they will get from change and intends to make a change to their behavior in the next six months2

May not be ready to take **action** right away2 and need to work through their ambivalence first3

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

* The key is to work through **ambivalence**3,4 and increase confidence1
* Develop discrepancy1
	+ Reflective **listening**7
	+ **Summarizing**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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