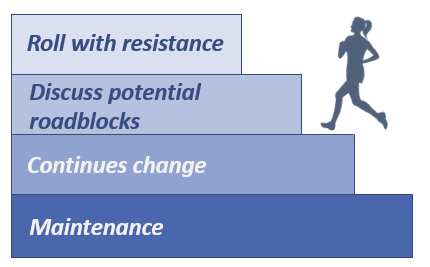
**What are Maintenance and Relapse?**

**Maintenance:** has been successful at behavior change for at least **six months**2,3

**Relapse:** Not a stage in itself, but a return to one of the **earlier stages**8

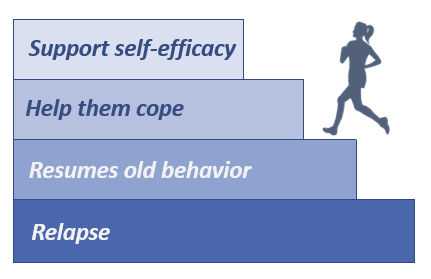
**Core principles + OARS for someone in Maintenance**



* Help them consider possible **roadblocks** and plan ahead for them3,1
* Roll with resistance1
  + Affirmations4

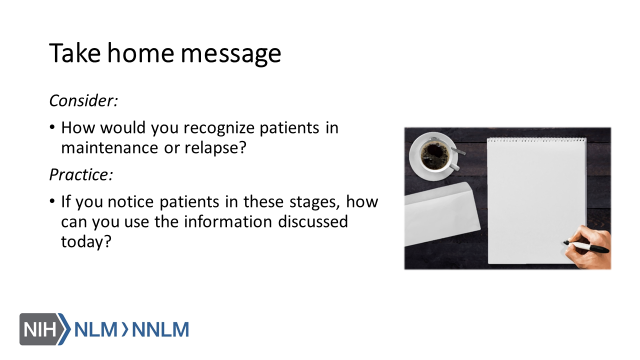
**Figure 1.** Adapted from Tuccero, Railey, Briggs & Hull (2016). Behavioral Health in Prevention and Chronic Illness Management, Primary Care: Clinics in Office Practice, 43, 191-102. doi: 10.1016/j.pop.2016.01.006

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



* Help them decide how they would like to proceed3
* Identify what **stage** they seem to be in and address them in this way
* Support **self-efficacy**1
  + Affirmations4

**Figure 2.** 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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