

Map Your Stage of Change: A Self-Compassionate Reflection Tool

Change isn't one big leap-it's a process. The Stages of Change Model helps us understand that growth happens in phases, and that each stage is valid and necessary. Whether you're just starting to think about making a change or you're actively doing the work, there's no wrong place to be. This worksheet is here to help you locate where you are, without judgment-and figure out what kind of support or next step might feel good.

1. Where Am I Right Now?

What's one thought pattern or behavior you're considering changing?

Why do you want to change this? What's prompting this reflection?

Which stage of change do you most identify with right now? Check one:

Precontemplation - I'm not thinking about change yet or don't see it as a problem.

Contemplation - I'm aware something needs to shift, but I'm feeling unsure or stuck.

Preparation - I'm planning for change and exploring my options.

Action - I'm actively working on changing this pattern.

Maintenance - I've made changes and I'm trying to stick with them.

2. What's Helping Me? What's Getting in the Way?

What supports or strengths do you already have that might help you with this change?

What thoughts, fears, or circumstances are making it harder to change right now?

3. One Gentle Step Forward

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Choose one small action that aligns with your current stage of change. Here are some suggestions:

Precontemplation: Stay open to new perspectives. Talk to someone you trust.

Contemplation: Journal about your fears and hopes. Gather information.

Preparation: Make a simple plan. Identify what support you'll need.

Action: Practice the change. Track what feels challenging or rewarding.

Maintenance: Reflect on progress. Celebrate wins. Adjust your support as needed.

What gentle step will you take next?

Example: I'm in the Contemplation stage, so my gentle step is to journal about why this change feels important to me and what I'm afraid might happen if I go through with it.

4. Affirmation Space

Write an affirmation to support yourself in this stage of your journey.

Example affirmation:

"Even when I'm struggling, I am still growing. I give myself permission to change at my own pace."