

## 5 STAGES

# Prochaska and DiClemente's The Stages of Change Model

- Pre-contemplation**  
The individual is not yet aware or does not acknowledge the need for change.
- Contemplation**  
The individual becomes aware of the need for change but is uncertain and undecided about taking action.
- Preparation (or Determination)**  
The individual intends to take action and starts making small steps toward change.
- Maintenance**  
The individual sustains the changed behavior and works to prevent relapse into previous patterns.
- Action**  
The individual actively modifies their behavior, environment, or situation to bring about the desired change.



# Changes In Me

**Charles Dickens**



## Changes In Me:

**Life and Adventures of Martin Chuzzlewit** Charles Dickens, 1844 Dickens tale of greed and selfishness centers on Martin Chuzzlewit a wealthy gentleman With his great fortune at stake and with Martin s disinherited grandson floundering in America relatives increasingly desperate to inherit the riches close in on the vulnerable old man **The Works of Charles Dickens: American notes and pictures from Italy** Charles Dickens, 1842 **Fundamentals Or Bases of Belief** Thomas Griffith, 1871 Works Charles Dickens, 1890 *Miscellanea* , 1914 **Derrington** Frank Andrew Munsey, 1894 Little Dorrit Charles Dickens, 1874 *The Yemassee* William Gilmore Simms, 1882 *The Westminster Review* , 1880 *Bleak house* Charles Dickens, 1926 **The Dickens Dictionary. A Key to the Characters and Principal Incidents in the Tales of C. Dickens ... with Additions by W. A. Wheeler. Illustrated** Gilbert A. PIERCE, 1872 *Agriculture of Maine* Maine. Department of Agriculture, 1895 *International Record of Medicine and General Practice Clinics* Edward Swift Dunster, Frank Pierce Foster, James Bradbridge Hunter, Charles Eucharist de Medicis Sajous, Gregory Stragnell, Henry J. Klaunberg, Félix Martí-Ibáñez, 1900 **Unity** , 1927 Manual of Land Surveying David Murray, 1879 **Pure Oil Trust Vs. Standard Oil Company** Oil City derrick, 1901 *The Standard* , 1910 *Mauritius* Arthur Hamilton-Gordon Baron Stanmore, 1894 **Hudson Rug Refinishing & Cleaning Corporation V. Prime Manufacturing Company** , 1940 **Utah Independent** , 1910

## Decoding **Changes In Me**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Changes In Me**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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