

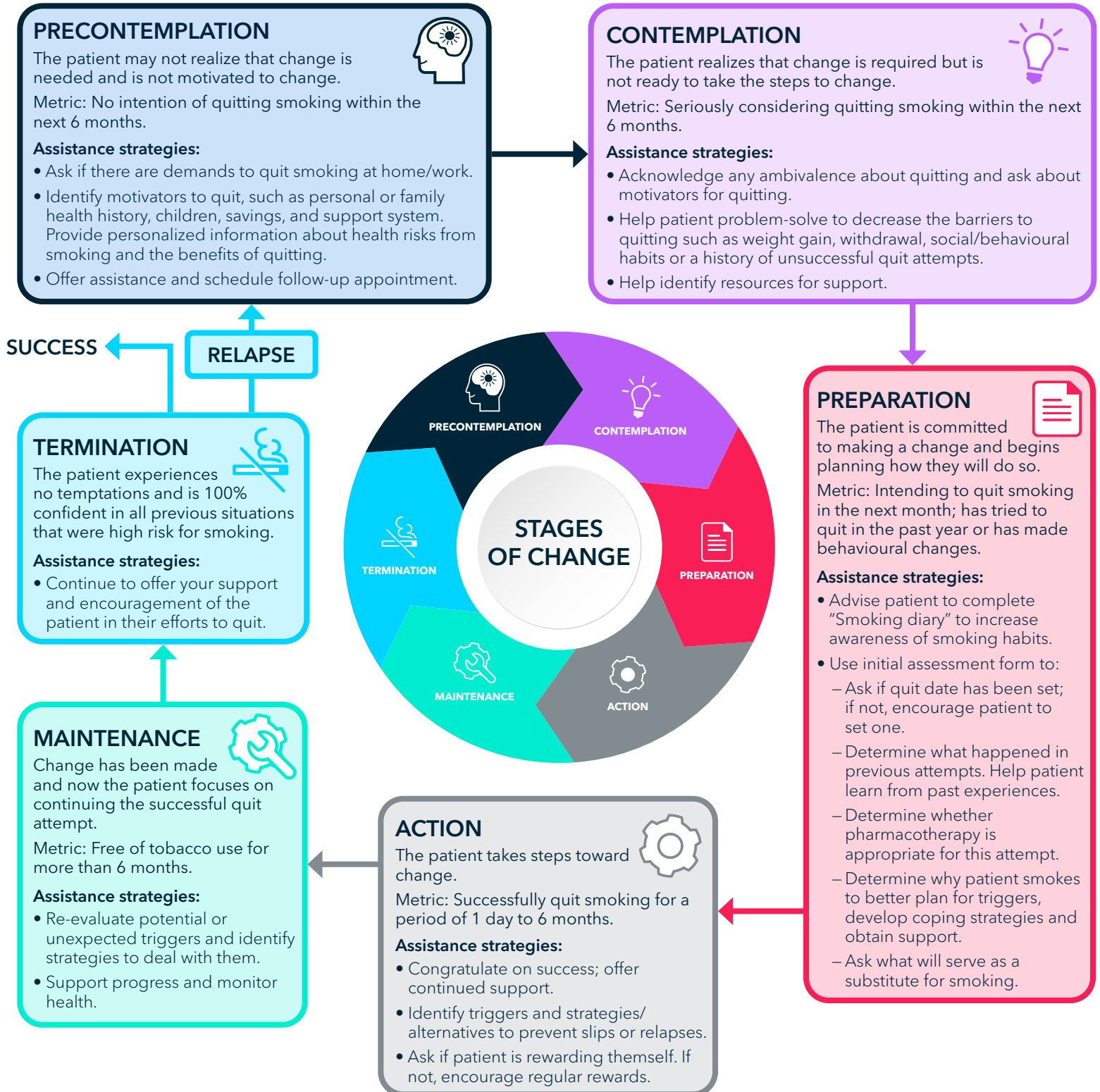


Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Stages of Change

The Stages of Change model helps guide smoking cessation by recognizing where individuals are in their journey, from contemplating quitting to maintaining a smoke-free life, enabling tailored support for each stage.



Prochaska JO, Veliver WF, Rossi JS et al. Stages of change and decisional balance for 12 problem behaviours. *Health Psychol* 1994;13:39-46. <https://psycnet.apa.org/doiLanding?doi=10.1037%2F0278-6133.13.1.39>