



Activity 3: Identify Pitfalls to Avoid

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Evaluate:

1. Which Stage of Change do you think you are currently in? Check one.

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

2. What is the next Stage of Change in the progression for you? Check one.

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

Observe:

3. For your current stage, read the Pitfalls Card and choose up to 3 pitfalls that you think, if avoided, would help you progress to the next stage. Complete the table below.

Pitfalls to Avoid	
Pitfalls: from Pitfall Card	How is this pitfall hindering your progress?
1	
2	
3	

Questions to Explore

Select one of your cards from the table above and answer the following questions:

Evaluate:

1. What resonated with you about this pitfall?

2. How long do you think you've been experiencing this pitfall?

3. What makes you think that you have fallen into this behavior?

Respond:

4. What is one action you can take to help you overcome this pitfall?

5. Who can you ask for help and support?