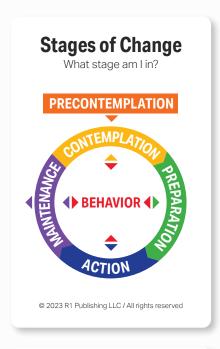
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Activity 4: Explore the Stages of Change Model

Visit R1LEARNING.COM to download printable Activity Worksheets.

As you think about your understanding of the Stages of Change Model, answer the questions to the right.



Stages of Change What stage am I in? PRECONTEMPLATION Build awareness for my need to change CONTEMPLATION Increase my pros for change and decrease my cons PREPARATION Commit and plan ACTION Implement and revise my plan MAINTENANCE Integrate change into my lifestyle

Questions to Explore

1. How does it help you to know that there is a model and process for how individuals change their behavior over time?

2. What resonates most with you about the Stages of Change Model given your experience?

3. How does the Stages of Change Model help you to identify what you can do to progress?