

## *Module 3: Making Changes in Behavior for Better Health*

### **Handout I: Strategies to Help Change**

<b>Group</b>	<b>Sample Strategy</b>	<b>Other Strategy</b>
<b>A: Precontemplators</b>	<i>Consciousness Raising</i> - posters in staff room - tasting of delicious low-fat foods -	
<b>B: Contemplators</b>	<i>Emotional Arousal</i> - models of fatty foods to be disgusted by - lovely pictures of people who are healthy and trim - scary stories of people who became very ill after practicing unhealthy behaviors -	
<b>C: Preparation</b>	<i>Commitment</i> - make plan of action - go public - set a date -	
<b>D: Action</b>	<i>Contracts &amp; Rewards</i> - write up contract - choose specific rewards - reinforcement for behavior -	
<b>E: Maintenance</b>	<i>Countering</i> - relaxation - positive self-statements - any alternative behaviors (substitutions) -	