

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

### Handout K: Ready to Change?

Area of Change Considered: \_\_\_\_\_

| Questions  | Stage of Change/How To Help   |
|--|---|
| <p><b>Is the person:</b></p> <ul style="list-style-type: none"> <li>• uninterested in the subject?</li> <li>• not admitting a need for change?</li> <li>• not receptive to discussion of this?</li> </ul>            | <p><b>Precontemplation:</b></p> <ul style="list-style-type: none"> <li>• gently provide information</li> <li>• gently recommend change</li> <li>• help person to be in places that encourage change and that don't encourage the old behavior</li> </ul>                                  |
| <p><b>Is the person:</b></p> <ul style="list-style-type: none"> <li>• aware of the need for change?</li> <li>• talking about possibilities?</li> <li>• confident that she will make a change soon?</li> </ul>        | <p><b>Contemplation:</b></p> <ul style="list-style-type: none"> <li>• provide facts</li> <li>• be willing to listen</li> <li>• encourage emotional responses to the negative aspects of the current behavior</li> </ul>   |
| <p><b>Is the person:</b></p> <ul style="list-style-type: none"> <li>• making concrete plans to change?</li> <li>• evaluating the pros and cons of the change?</li> </ul>   | <p><b>Preparation:</b></p> <ul style="list-style-type: none"> <li>• support in preparation for action</li> <li>• be willing to listen, but do not push</li> <li>• offer information on helping groups or programs</li> </ul>  |
| <p><b>Is the person:</b></p> <ul style="list-style-type: none"> <li>• actively changing now?</li> <li>• ready to write a contract for change?</li> <li>• enrolled in a class or participating in a group?</li> </ul> | <p><b>Action:</b></p> <ul style="list-style-type: none"> <li>• participate together in healthy activities</li> <li>• provide agreed-upon rewards</li> <li>• help person to find alternative behaviors, substitutions; rearrange situations to decrease "cues" for old behavior</li> </ul> |
| <p><b>Is the person:</b></p> <ul style="list-style-type: none"> <li>• already changed; concerned about relapse?</li> </ul>   | <p><b>Maintenance:</b></p> <ul style="list-style-type: none"> <li>• be on call for support</li> <li>• give regular reinforcement and compliments</li> </ul>   |