Cycle of Change

Name: Date: _ Precontemplation Not ready to make any changes yet Contemplation Relapse Going back to old Aware of the need to patterns of behaviour make changes A cycle in which an individual learns from each new cycle Maintenance Preparation Creating sustained Having intention to effort to the changes make changes Action Taking active measures to make changes

Precontemplation

Do you find yourself ignoring or denying a problem in your life? If yes, explain.

Is this a problem affecting others or yourself negatively?

Contemplation
Why should you make positive changes to alleviate this problem?
Why shouldn't you make positive changes to alleviate this problem?
How are you feeling right now?
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Preparation
What challenges do you need to overcome?
What steps should you take to make a change?
Action
Describe your plan of action

Do you have a support system? If yes, please elaborate
What will you do if you encounter roadblocks?
How are you holding yourself accountable?
Maintenance
What action steps worked?
What action steps didn't work?
What have you found challenging?

How will you sustain your changes overtime?	
Relapse	
Why do you think you relapsed?	
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How do you feel about your relapse?	
What can you learn from your relapse?	
What is your plan of action to get back on track?	
Additional Notes	
Signature	Date